

**Get Back** 

→ Flatten Your Belly→ Sculpt Your Arms→ Burn Fat Faster

4 Surprising Metabolism **Boosters** 

**How I** Lost 50 Lb"

**Age** Erasers 5 Quick Fixes She'll Notice



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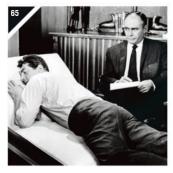




#### MH LIFE



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OUR MH GUY
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production by Pointblank
Productions. Rag & Bone
shirt, Tiger of Sweden jeans,
Panerai watch.



ckwise from top left: Chris Miller, Jason lerace, MITCH MANDEL, MEREDITH JENKS, Evere





#### **Your Life: 21 Days** to Awesome

■ ENVISION YOURSELF THREE WEEKS FROM TODAY. WOULD YOU LIKE TO BE THE SAME man you are now, or would you rather be fitter, healthier, more confident, and just flatout better? Easy choice, right? Then what are you waiting for?

Yes, it's as simple as that. Forget your silly, well-intended resolutions. You can't schedule life improvement. You have to act—now, before 2016 gets away from you.

A few places to start: On page 76, we introduce you to the 21-Day MetaShred, a revolutionary new fitness system created by Men's Health fitness director BJ Gaddour; it'll reshape your body in three short weeks. We teach you the fast way to cook healthier, more nutritious meals on page 86, and help you reinvent your style on page 100. We also show you ways to last longer, both on this earth (page 114) and in the sack (page 106).

Smaller changes can yield equally powerful results. Give any of the following healthy habits a shot, and soon enough you won't recognize the man in the rearview mirror. My promise: Each tip, 1 to 21, will make you feel great today...and tomorrow too.

- 1/ Get out of bed an hour earlier. (Shhh. Don't wake your smartphone.)
- 2/ Drink an 8-ounce glass of water within 8 minutes of waking up in the morning. Pound another after your shower.
- 3/ Start a protein-atevery-meal routine.
- 4/ Learn a new word every day. Bonus points if it's not English.
- 5/ Take the long way to work. Obey the speed limit!
- 6/ Say "Nice job" to a young person.

- 7/ See how fast you can run a mile.
- 8/ Buy a vegetable you don't recognize. Maybe even eat it.
- 9/ Read a poem. Anything by Langston Hughes, W.B. Yeats, or Marshall Mathers will do.
- 10/ Send a postcard to somebody, anybody.
- 11/ Call your mom.
- 12/ And call a friend you haven't spoken to in a year or longer.
- 13/ Book a flight to a city you've never seen. You'll sort out the details later.

- 14/ Sit quietly for five minutes, without distraction.
- 15/ Argue the other side.
- 16/ Compliment your wife.
- 17/ Better yet, do something you know she'll appreciate, just because.
- 18/ Strike up a conversation with a stranger.
- 19/ Say thanks—and be specific.
- 20/ Turn the TV off at 10 p.m. Extra credit if you pick up a book.
- 21/ Smile like you mean it, even if you don't. Because then you will.

Send me a postcard in three weeks to thank me. That will fulfill tips 10 and 19. See how easy this is?



Bill Phillips, **EDITOR-IN-CHIEF** @billphillipsMH



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Men's Health carries the very latest health, fitness, and nutrition reporting and taps the world's foremost experts so you can be more knowledgeable about your health. But every body is different. Take what you read here as general information; individual diagnoses and treatments can come only from a health care practitioner



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"Our staff plays hoops twice a week. Sadly, my recent interview with Stephen Curry has yet to rub off on my game.'

#### **FAVORITE MH TIP**

TO REALLY EXPERIENCE THE TETONS, STOP STARING AT THEM AND HIKE INTO THEM. THEN PITCH A TENT AND CATCH THE STAR SHOW, AS SUGGESTED ON PAGE 73.

MENSHEALTH.COM

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"That burning blueberry on page 26? No Photoshop! We injected lighter fluid, then torched it! Boom!"

#### **FAVORITE MH TIP**

GRACE USED TIPS YOU'LL FIND IN OUR CARDIO BULLETIN (PAGE 24) WHEN SHE RAN THE NYC MARATHON. SHE FINISHED! WHAT ARE YOU UP TO IN NOVEMBER?

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"I do lots of food-porn slideshows for MensHealth.com. And of course, I want to eat all of it. Will my job make me fat?"

#### FAVORITE MH TIP

NO DIET WILL WORK IF YOU EAT UNTIL YOU'RE STUFFED. DIGEST MORE OF MIKE ROUSSELL'S KEEP-IT-SIMPLE DIFT BUILES ON PAGE 81

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When Yosef Herzog of NBC's *Today* dropped all that extra weight, he picked up new confidence.

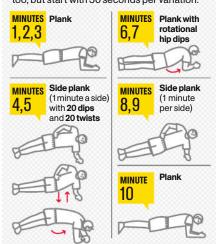
BY MICHELLE MALIA



THE WORKOUT DIDN'T SEEM THAT TOUGH: LUNGES, planks, and pushups. But 20 minutes in, Yosef Herzog, 31, lost his lunch—twice. "I wouldn't say I was in Chris Farley territory, but I was definitely in bad shape," says the 6'1" Herzog, who weighed 231 pounds. He cleaned up his diet and began alternating cardio and strength training six days a week. Five months later, he weighed 181 pounds and needed new clothes. "The fitter I got," he says, "the more confident I felt."

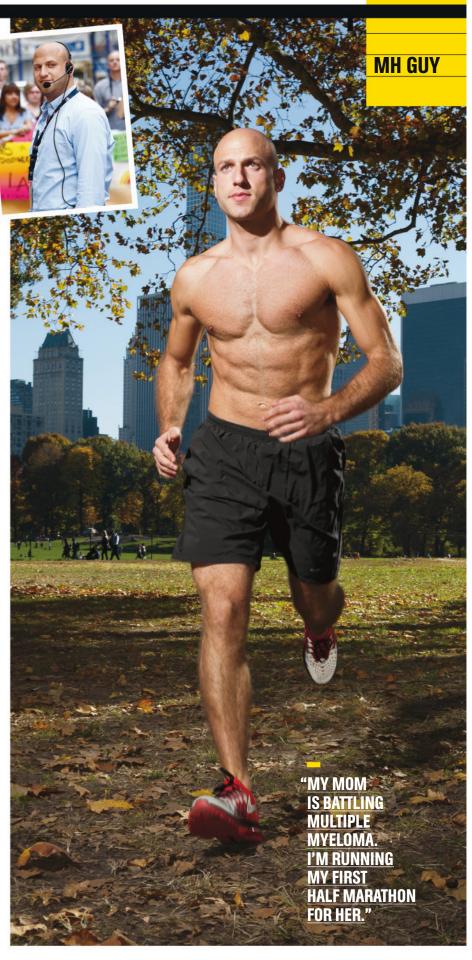
#### **The Variety Plankathon**

Herzog worked up to this plank set. You can too, but start with 30 seconds per variation.



#### **The Six-Pack Eating Plan**

	BEFORE	AFTER
Breakfast	Bagels, muffins, or doughnuts, and coffee	Oatmeal, a banana, raw vegetables, coffee, and water
Lunch	A sub loaded with processed meats, some chips, and an ice-cream sandwich	Grilled protein— such as chicken or salmon—plus a big green salad
Dinner	A couple of burgers (or three slices of pizza) plus french fries and a few beers	Mexican-style chicken and beans (hold the sour cream and tortillas) and a glass of red wine





### RULES I LIVE BY Dodging Mankillers

Top nutrition, fitness, and medical experts reveal how they shaped up their habits.



#### Mind All the Mile

"My best coaching technique is to establish process goals as opposed to outcome goals. An outcome goal is 'I will lose 10 pounds' or 'I will run a 5K in 25 minutes.' A process goal is 'I will exercise 20 times by February 1' or 'I will lift weights three times a week' or 'I will have 1 cup of vegetable soup every night before dinner.' Emphasizing the process takes your focus away from success and failure and shifts it to punching the clock and completing the small steps necessary to improve. I once used this strategy to do 240 workouts in a year."

#### Alwyn Cosgrove, c.s.c.s.\*D, is co-owner of Results Fitness in Santa Clarita, California and coauthor of The New Rules of Lifting series.



#### Wake Up and Work Out Your Kinks

"I set out to reduce my waist size from 35 inches to 33. Studies suggest that people with larger waists are more prone to strokes. Plus, I just wanted to look better, sleep better, and feel lighter on my feet. So I made an effort to be more mindful of the food I ate and the portion sizes I chose. I also did high-intensity interval training-mostly sprints and tennis. Timing was the biggest factor in sticking with my exercise regimen. I decided to do it first thing in the morning. After eight weeks, it became a routine."

P. Murali Doraiswamy, M.D., is a professor of psychiatry at the Duke Institute for Brain Sciences in Durham, North Carolina



#### Become a Low-**Pressure Cooker**

Back in my 30s, I had borderline high blood pressure. I swore off frozen and processed foods, which tend to be high in sodium. And I committed to cooking more-my goal is five times a week. I usually make quick, light versions of my favorite dishes, like whole grain pasta with pesto. spinach, asparagus, and tomatoes or whole wheat guesadillas with leftover chicken, beans, and quacamole Lalso started doing more cardio and high-intensity body-weight exercises. Now my blood pressure is below 120/80."

Travis Stork, M.D., is an emergency physician and host of TV's The Doctors.



#### **Something Good**

"Last year my cholesterol was 202 and veering into medication territory. I started going to the gym three days a week. I've also cut down on my carbs, especially bread. First I started eating just half a piece when the basket came around at a restaurant. After a while I began skipping the bread entirely every other time I dined out. Sure, sometimes I struggle with motivation, but then I picture the consequences of a heart attack, stroke, or diabetes-all diseases linked to an unhealthy diet and sedentary lifestyle. The hard work has paid off: My cholesterol is now 181."

Paul Christo, M.D., M.B.A., is an associate professor of pain medicine at the Johns Hopkins University School of Medicine in Baltimore



#### Turn Bad News into Don't Sugarcoat Your Health

"Society will look back on our current sugar consumption the same way we view smoking today. I decided to cut my added-sugar intake to 24 grams a day, below the American Heart Association limit for men. Before I eat anything, I check the sugar content. I stopped drinking soft drinks, sports drinks, and fruit juices. Instead, I guzzle water and eat whole fruit. I switched to a Kashi cereal that has zero grams of added sugar, and snacks such as Quest and Kind that have bars with 5 grams or less. It was awful for a while, but eventually I felt better, lost weight, and gained energy."

> W. Christopher Winter, M.D., is medical director of the Martha Jefferson Hospital Sleep Medicine Center in Charlottesville, Virginia.

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#### White potatoes: Are they really that bad for me?

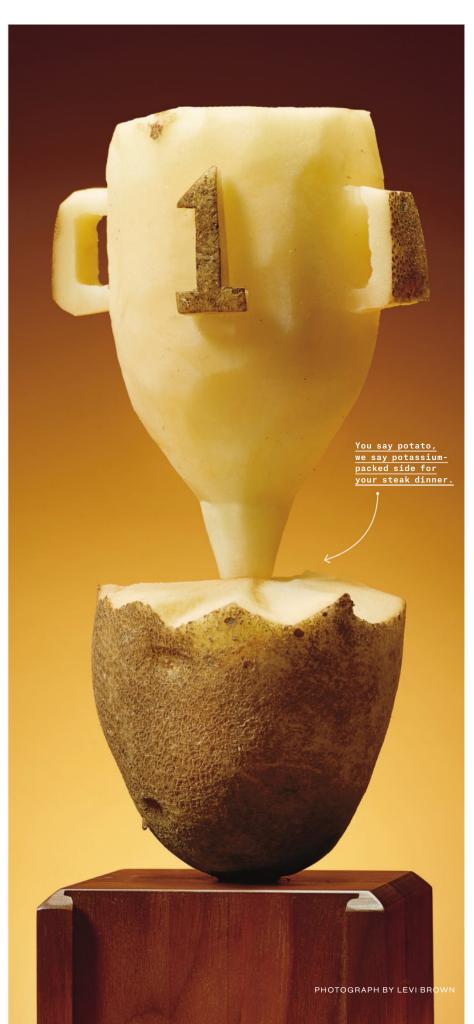
DAVID, OKLAHOMA CITY, OK

Spuds aren't duds. True, many nutrition gurus are tater haters because people smother them in calories-cheese and bacon, anyone? But once you strip away the toppings, these tubers begin to look, uh, tubular. Just one large white potato with skin provides nearly half your recommended daily B<sub>6</sub>, which converts carbs into fuel and helps you metabolize protein and fat, says MH nutrition advisor Alan Aragon, M.S. Plus, white spuds pack more potassium per serving than almost any other vegetable, an Advances in Nutrition study reports. That's big: Low potassium is linked to higher risks of hypertension and stroke. To make oven fries, quarter potatoes lengthwise and toss to coat in olive oil, chopped rosemary, salt, and pepper. Bake at 450°F until tender, 50 minutes, flipping once.

#### I've heard that retired rental vehicles are pretty decent used-car bargains. But have they been driven too hard?

IEREMY NORWALK CI

Initial here to show that you understand the following: A rental agency typically retires a vehicle at 30,000 miles—often hard miles, accumulated twice as fast as a private car accrues mileage. (Nothing corners like a rental, right?) The upside is that these cars are maintained regularly, says Matt DeLorenzo, an editor at Kelley Blue Book. So the ride you're eyeing may be a bargain, but you'll have to do some homework to know for sure. Start with prices. For instance: We found Hertz selling a 2015 Hyundai Sonata for \$14,275, right between KBB's suggested retail rate of \$15,461 and the private-party price





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#### **AM I NORMAL?**



#### I just can't pee when someone is standing at the next urinal.

Don't worry, nobody wants to be your spotter at the pee trough. This sounds like paruresis, or shy bladder syndrome. While it's not exactly normal, paruresis is pretty common: 21 million people in the United States clench their bladders in the bathroom. The causes of the social phobia are unknown, but clearly something about the act of peeing makes you anxious. That means whenever you try to take a leak in a less-than-private setting, your sympathetic nervous system sends out adrenaline and epinephrine. These hormones tighten the muscles in your bladder neck and prevent urine from flowing, explains MH urology advisor Judd Moul, M.D. (The bowel equivalent is called parcopresis.) Cold and allergy medications that contain epinephrine can also dam up your stream, he adds. For a guick fix the next time you're trying to get into the flow, exhale three-quarters of your breath and then hold it for 30 to 45 seconds. Your pelvic muscles should relax as you let go, prompting the stream to start. Still dry? You might need to consider cognitive behavioral therapy, or CBT, which has been shown to work for about 80 percent of pee-shy people. Visit locator. apa.org to find a licensed therapist who can help you break the seal.

ONORMAL • WEIRD

of \$12,893. Then check the car's history at carfax.com and safercar.gov. No red flags? Take a test drive. Many agencies have rent-to-buy deals that lend you the car for a few days; that's your chance to visit a shop, says DeLorenzo. Have a mechanic sign off before you commit.

#### I've steered clear of multivitamins with iron ever since I was told they were bad for men. Is that really true?

Here's an ironclad fact: "If you don't consume enough of this essential mineral, you'll die," says MH nutrition advisor Jeffrey Blumberg, Ph.D. Your body needs iron to transfer oxygen via red blood cells from your lungs to your tissues and muscles. Endurance athletes or heavy lifters may need slightly more iron (for muscle repair) than other men. But unless you always go all out at the gym, regularly donate blood, or are a vegetarian, scrap the iron supplement, Blumberg says. Most men take in more than enough of the stuff through their diet: A serving of bran cereal or a 31/2-ounce bar of dark chocolate delivers the daily recommendation of 8 milligrams. In fact,

about 33 percent of men have iron levels that put them at severe risk of overload, according to a recent CDC report. Going above the "tolerable upper intake level" of 45 milligrams a day can cause oxidative stress, which may contribute to the development of heart disease or cancer, says Blumberg. Even worse: Excess iron can accumulate in your gray matter, which can screw up your hippocampus and increase your risk of Alzheimer's disease, reports UCLA research. Since most multivitamins contain iron, look for supplements geared toward folks over the age of 50. Your body stores more iron as you age, so you won't find the mineral in a multi like Centrum Silver Men 50+ (\$10, walgreens.com).

#### My buddy is having a hard time, and I get bummed out whenever we hang. How can I lighten the mood?

BRIAN FLIGENE OR

If he usually bends your ear at the bar, consider a more uplifting venue: In a 2014 study in the Journal of Sports Science and Medicine, people who worked out while being distracted by something enjoyable—a friendly conversation or a TV comedy, say-more than doubled the intensity of their postexercise high. So plan your next get-together around something active, like a gym session or tossing a football. Just run a few fly routes so you break a good sweat. And while you're at it, don't forget to smile. One reason your hangouts turn into pity parties is facial mimicry. "When people mimic expressions of sadness or joy, they may feel a reflection of those specific emotions," says

Elaine Hatfield, Ph.D., a professor of psychology at the University of Hawaii. That means the simple act of slapping on a smile while you're around your bud could provide both of you with a lift. Of course, that's only if your grin is genuine-and appropriately timed, warns Hatfield. You don't want to crack up when he mentions the new guy his ex is screwing. That just might get you knocked out.

#### I find the shampoo aisle to be totally overwhelming. Is there just one ingredient I should look for?

CHRIS, ST. PAUL, MN

Yes: dihydrogen monoxide. Which you'll see on the label as "water." It's the ingredient that's most useful for washing away sebum, a buildup of oils, sweat, and dirt, says Joe Cincotta, Ph.D., chief chemist at Federici Brands. But water doesn't act alone: Oils need something to stick to so they can be stripped away. That's where surfactants like sodium lauryl sulfate and sodium laureth sulfate come in. They're both cleansing agents: The former is strong and produces thick foam, while the latter is milder and easier on your hair, say Duke University researchers. But if your mop resembles a horse's coarse mane, skip the sulfate-based shampoos entirely—you want to keep more moisture on your scalp, Cincotta says. In that case, look for glycerin or panthenol on the label. One that contains both is Fresh Seaberry Revitalizing Shampoo (\$26, fresh.com).



#### Jet lag hits me hard. What's the best way to deal with it, besides pills?

The key is to deceive your body. "Sunlight exposure is one of the most effective ways to realign and reset your circadian rhythm," says Alon Avidan, M.D., M.P.H., a professor of neurology and director of the UCLA Sleep Disorders Center. The lag means your body's inner circadian clock is struggling to sync up to the light and darkness at your destination. So trick it: Start syncing at least one day before the wheels go up, suggests Dr. Avidan. If you're headed west, avoid sunlight in the morning and then soak it up in the afternoon. Going east? Do the opposite. If you can't avoid bright light, donning some dark shades while you're outdoors can help reset your clock in the right direction, report researchers at Rush University Medical Center in Chicago. Maintain the same light-versus-dark game as soon as you arrive at your destination. According to research in the New England Journal of Medicine, your circadian rhythm should recalibrate after a few days, so you can truly enjoy your trip.







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### This Lift Will Make You Lean

To incinerate your cheat meal faster, skip the treadmill and exercise bike:

A 12-minute kettlebell circuit burns more calories than doing all-out cardio for the same length of time, a Southeastern Louisiana University study found. Men who performed the four-move kettlebell workout below not only crushed more calories but also taxed their lungs more than when they did repeated sprints on a stationary bike for 12 minutes. "Plus, the workout is safe and results in less overall physical strain," notes study author Brian Williams.

#### Try It!

Perform each exercise, in the order shown, for 1 minute: Work for 20 seconds, rest for 10, and then repeat. Completing all four exercises is 1 round. Do 3 total rounds (or more!).



1 Sumo Squat Stand with your feet twice shoulder width, holding a kettlebell with both hands, and squat.



2 Swing

Bend at your hips to grab a kettlebell. Hike it between your legs; then thrust it up to shoulder level. Keep swinging.



3 Clean & Press Hold a kettlebell in front of you. Explosively pull it up and "catch" it at shoulder height. Press it overhead.



4 Sumo Deadlift Grab a kettlebell; assume a wide stance. Push your hips back to lower your torso. Rise back up, your torso straight.

#### Bells vs. Bikes (12 Min.)

	KETTLEBELL CIRCUIT	CYCLING SPRINT
CALORIES BURNED	145	122
AVERAGE HEART RATE (bpm)	149	140
O <sub>2</sub> CONSUMED (ml/kg/min)	23	20

PHOTOGRAPHS BY LEVI BROWN EDITED BY MICHAEL EASTER



Russian to the gym: You'll be Putin on muscle in no time.

Source: Journal of Strength and Conditioning Research



#### **GIVE US A V!**

A little "slide" of hand can make you bigger. Mix up your lat pulldown grips to work more muscle, suggests a Strength and Conditioning Journal analysis. Do 1 set with each of these grips: twice shoulder width with overhand, and shoulder width with underhand.



ORTH IT OR WORTHLESS?

#### TRAINING MASK

Who's that masked man? A sucker. Masks meant to boost performance by replicating highaltitude exercise don't work, say researchers at Oklahoma State. Cadets who trained in the face gear for six weeks saw no more strength or endurance gains than gear-free guys did. "The oxygen content of the air you're breathing is still the same," says MH fitness advisor Bill Hartman, P.T. "The masks just make breathing difficult. That can cause dysfunction."



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#### **Solve Problems with a Snooze**

Never mind the chill pill—take a shot of shuteye instead. A quick nap can help you master your emotions, say researchers at the University of Michigan. People who snoozed for an hour showed a much higher threshold for frustration than non-nappers did, and they invested twice as much time trying to solve a complex task. According to study author Jennifer Goldschmied, Ph.D.(c), the longer you're awake—even if you don't feel tired—the more your emotional control diminishes. Don't have an hour to burn? Thirty minutes should be nearly as effective.



**POSE AS A HEALTHY GUY** Want to stay flu-free this year? Remember to wash your hands and twist your torso: Yoga can boost your immunity. In a recent Korean study, people who saluted the sun and got down like a dog regularly for 12 weeks doubled their levels of antioxidants along with two types of immune cells. Credit yoga's ability to reduce your adrenaline level. An overabundance of this hormone can undermine an otherwise strong immune system, says study author Sung-Ah Lim, Ph.D. Want to learn a few moves? See page 41.

WEIRD SCIENCE THAT WORKS

#### **HONEY FOR HACKERS**

If you're a former smoker, bee vomit may help heal your heart and lungs, suggests research from Malaysia. People who swallowed honey every day for 12 weeks lowered their levels of F2-isoprostanes—markers of oxidative stress—by 38 percent.

Apply It Eat 1½ tablespoons of Manuka honey daily.



PERCENTAGE
INCREASE IN
YOUR DIABETES
RISK WITH EACH
20-POINT RISE
IN YOUR AVERAGE
SYSTOLIC BLOOD
PRESSURE (THE
TOP NUMBER)

Source: Journal of the American College of Cardiology

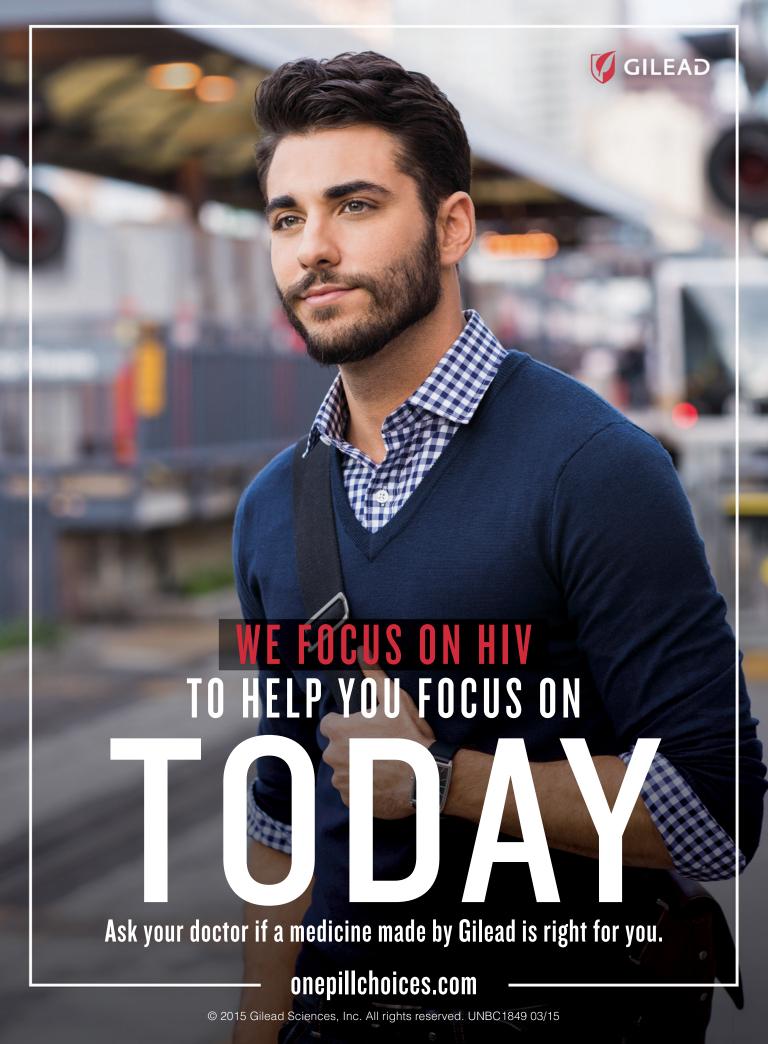
#### **High-Death Television**

Some guys get so caught up in what they're watching on TV that they'll throw something—like a blood clot. An 18-year Japanese study found that the more time people spent in front of the flat-screen, the greater their risk of flatlining with a pulmonary embolism. The reason? You guessed it: the potato position. Sitting for too long can cause blood clots in your legs, which may then travel to your lungs, says study author Toru Shirakawa, M.D.-Ph.D.(c).

TV Viewing Habits and Fatal Clot Risk in 40- to 59-Year-Olds

DAILY TV HOURS	<b>₩</b> RISK
5 or more	ତ୍ରତ୍ତ ଜୁଲୁକ
2.5 to 4.9	<del>ଡ</del> ଡଡ
less than <b>2.5</b>	No additional risk

Source: European Heart Journal Each skull represents a onefold increase



## 31

**Bulletins**/

PERCENTAGE OF INJURED RUNNERS AT ANY GIVEN TIME DURING RACE TRAINING

Source: Scandinavian Journal of Medicine and Science in Sports

#### RUNNING DEBATE



#### STRIDE LENGTH

Step less lively. You can reduce your injury risk by shortening your stride, say scientists at lowa State. Runners who pared down their stride by 5 to 10 percent had less strain on commonly injured areas, like IT bands and knees. That's because shorter strides are less jarring, easing impact on these vulnerable areas. Bonus: They're also more efficient.

#### BOOST YOUR CARDIO AND WORK OUTPUT

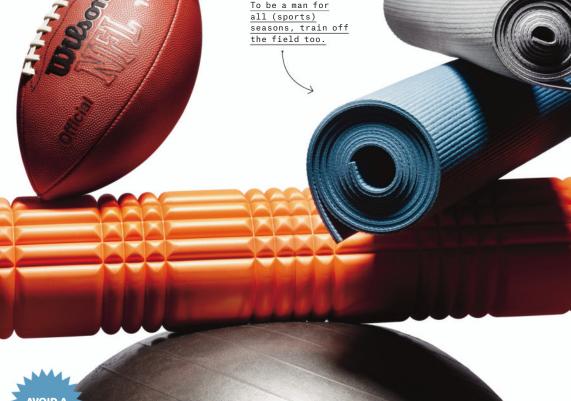
Get off your butt! A treadmill desk won't impair your ability to focus.

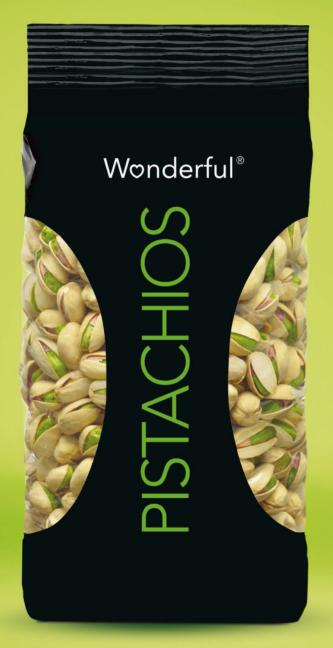
according to researchers at Brigham Young University. They found that people who worked while strolling at these cardio desks—which some critics speculate may hurt your ability to process information—displayed just as much cognitive competency as those who sat. "The health benefits of walking and moving at work are vast," says study author Michael Larson, Ph.D. If you don't have a treadmill desk, just take five minutes out of every hour to get up from your chair and walk briskly, he suggests.



potential. Still, **playing sports isn't enough: You need mobility training to perform at your peak.** In a study at Northern Arizona
University, Division I athletes scored no higher
on a movement competency test than their
noncompetitive peers did. "Athletes were better
at some movement patterns, like the squat, but
worse at others, like shoulder-mobility moves,"
says study author Meghan Warren, P.T., Ph.D.
Fix tight spots with the four exercises you should
do every day: MensHealth.com/4exercises.

EDITED BY MICHAEL EASTER





## Even our bag has a trim waistline.

Eating right is a lot easier when you don't have to sacrifice great taste for a healthy snack. A good source of protein and fiber, Wonderful Pistachios satiate your hunger and give you the energy you need to get through your day. Naturally cholesterol and trans fat free, it's the tasty snack that loves you back. **Get Crackin'** 

#### How Fruit Ignites Your Metabolism

Be pickier in the produce aisle. Certain fruits fight fat better than others do, Harvard researchers report. After assessing 24 years' worth of people's eating habits, they linked each extra daily serving of fruit with an average halfpound reduction over four years. Blueberries, apples, prunes, and pears yielded the biggest change—up to a 1.3-pound reduction per extra daily serving. Some credit may go to flavonoids, the helpful compounds found in fruit and vegetables, says study author Monica Bertoia, M.P.H., Ph.D. Research shows they boost energy burn and cut fat absorption. Any fruit or vegetable helps maintain weight. That includes the citrus sensations on page 35.

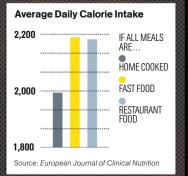
Flambé the fat by consuming more fruit. It metabolic magic!

AVERAGE INCREASE IN YOUR DAILY CALORIES WHEN YOU DRINK ALCOHOL

Source: Journal of the Academy of Nutrition and Dietetics

#### Meal Plan Meltdown

Menus are tempting; you know that. Research from the University of Illinois shows exactly how tempting. So skip 'em: Instead, order cook-it-yourself, MH-approved meals at Mens Health.com/chefd.



JEDI MIND TRICK



#### THINK LEAN

Call it mind over fatter: Considering yourself pudgy could increase both your poundage and your BMI, a British study suggests. Folks who were okay with their weight, however, kept extra pounds off during the study period. So rethink your goals: Focus on improving your overall health instead of simply losing weight.



#### REALLY WHEY THE BENEFITS

Don't skip breakfastdouble up! Downing a protein shake an hour after your morning meal can help cut cravings, a study in the journal Appetite found. Active men who chugged whey protein saw their hunger subside immediately by as much as 65 percentnice for when lunch rolled around. The volume of the shake didn't matter, says study author Kristen MacKenzie-Shalders, Ph.D. Those who consumed 20, 40, 60, or 80 grams all ate the same number of calories at lunch.





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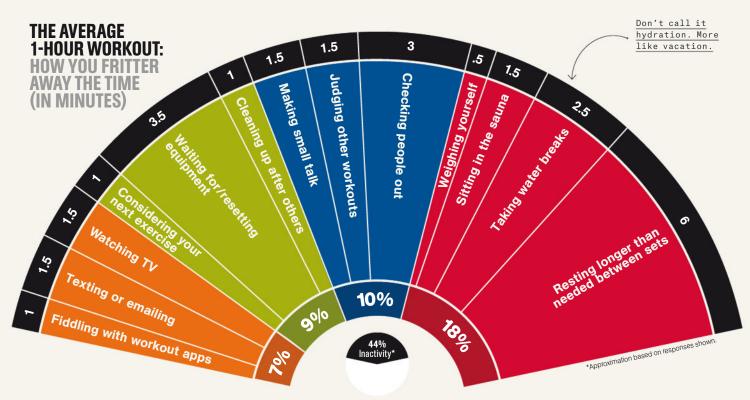
DATA BOMB

#### Stop Wasting Half Your Workout

Squeezing in a good workout can be tough, what with everything else you're doing at the gym: checking email, ogling the spin class, taking water breaks. Never mind how much time you waste waiting for equipment or cleaning the biofilm off it. Based on our survey of more than 500 men, the average guy forestalls fitness in at least 13 different ways—potentially sucking up nearly half of an hourlong session. That trash time may be the difference between the body you want and the body you have.—MICHELLE MALIA

### Uncommon Knowledge

THE INSIDER'S GUIDE TO EVERYTHING





#### TECH DISTRACTIONS

#### Give Your Thumbs a Rest

If your typical workout includes sets and reps of heavy texting, ask yourself this question: What the hell am I doing at the gym? You're blowing valuable lifting time and membership money with every missive. At the very least, wait until your cooldown before you start tapping on the smartphone again. Can't keep your paws off the thing? Switch it to airplane mode as soon as you pull into the parking lot. C'mon now—training comes first, not texting.



#### WAITING

#### **Recruit a Workout Buddy**

Men in our survey spend almost 10 percent of their time waiting for, resetting, or decrudding equipment. So enlist a partner, says Nick Clayton of the National Strength and Conditioning Association. While you finish your sets, he or she can rerack weights or scope out machines that are about to free up; then you two can switch. And carry a hand towel along with your gym towel. One is for wiping off a stranger's sweat; the other is for sopping up your own.



#### OGLING AND TALKING

#### **Focus on Your Form**

Taking in the scenery between sets is fine, but be a gentleman about it. No double takes or once-overs. You'll accomplish more and look less creepy. Someone trying to bend your ear? Wear headphones—even if you're not listening to music. This sends a clear signal that small talk isn't welcome, Clayton says. If some windbag isn't getting the message, just pretend you're on a hands-free headset: "Sorry, pal, I have to listen in on this conference call."



#### BEING LAZY

#### **Don't Loiter**

Just because you're resting doesn't mean you're resting effectively, especially if you're slacking off between sets after rushing through exercises. For a standard routine—say, 3 sets of 8 to 12 reps for five or more exercises—plan on 60 to 90 seconds of rest between efforts, says Clayton. To stay on track, use an app like Bit Timer (free), which has three stopwatch options—work, rest, and repeat—that you can tailor to your workout. That's good flextime.

**How to Start Slacklining** Secure your tightrope between two trees so it's about a foot off the ground. To stay balanced, bend your knees and push out your chest, extending your arms perpendicular to your body. Keep practicing and you'll become a more agile ninja—and maybe appear on TV! (See below.)

#### 30-SECOND PEP TALK

"One of my favorite quotes from the movie Dune is 'Fear is the mind-killer.' The body follows the mind, so you must have a strong, fearless mind if you want your body to accomplish seemingly impossible feats. I found my impossible by becoming the first American Ninja Warrior. What's your impossible?"

-ISAAC CALDIERO, PRO CLIMBER AND WINNER OF AMERICAN NINJA WARRIOR

#### **MONTHLY METRICS**



#### Sweat It

**24%** of U.S. deaths are due to heart disease. Hit the sauna for 20 minutes a few days a week; a *JAMA* study suggests this may cut your odds of fatal ticker trouble.



#### **Recycle Yourself**

38% of registered organ donors are men. Prove you have a heart on Organ Donor Day (2/14) by agreeing to share it (and other vital parts). Register at the DMV.



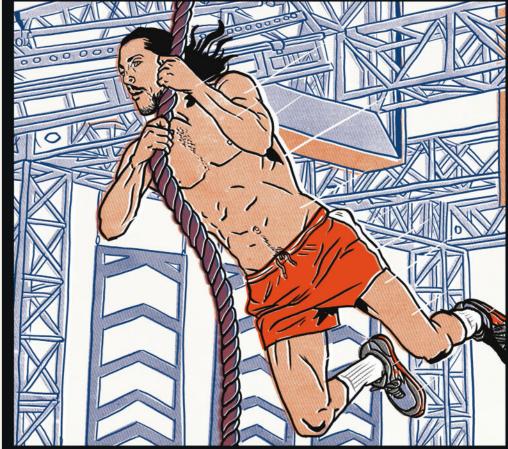
#### **Beam Brightly**

23% of car crashes are weather-related; grimy headlights can cut visibility by up to 90 percent. Use a product like Rain-X on the lenses so the slurry slides off.



#### **Commit to Fit**

23% of people who join gyms end up quitting within a year. One fix? Set a workout alarm. Folks who use a cue (beeeep!) are less likely to blow off their commitment.



RODY RENCHMARK

#### Could You Be an American Ninja Warrior?

The first skill any ninja in training must master is patience. For six seasons, many repeat competitors tried and failed to win *American Ninja Warrior*, NBC's obstacle-course show for modern mythic warriors. Hundreds of hopefuls slipped off rolling logs or fell from the salmon ladder. (Check YouTube to see the bodies and egos tumble.) But the course is beatable: After being knocked out in back-to-back seasons, professional rock climber Isaac Caldiero tried again in 2015 and was crowned the show's first champion. Nail these speed, endurance, and power goals before the show begins filming again in March, Caldiero says, and you just might be able to repeat his victory. (Open tryouts are held in cities around the country.) For advanced training, test your mettle at an *ANW*-certified gym (ninjawarriorgyms.com). – KATHERINE DEMPSEY

Average running pace, in minutes per mile

Total trail miles sustaining that pace

Consecutive pullups

20
Consecutive jump squats

Consecutive grabs at the

top of a 10-foot wall\*

Round-trips across a 30-foot slackline

Hanging ball pullups

in one session\*\*

Daily **meditation** minutes

(to stay zen in battle)

\*PRACTICE IN A SKATEBOARD HALF-PIPE, AN EMPTY POOL, OR ANY NINJA-THEMED GYM.
\*\*MIMIC THIS WITH A ROPE LOOPED OVER A PULLUP BAR. OR ORDER YOUR OWN PRO GRIPS AT ATOMIKCLIMBINGHOLDS.COM.

Sources: CDC, HHS, FHWA, IHRSA

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**GUY WISDOM** 

#### Jimmy the Bartender

Straight-up advice on women, work, and other stuff that screws up men's lives.

#### My father-in-law is always nudging me and whispering comments when hot women walk by. Is he testing me?

BLAKE, KANSAS CITY, MO

I suspect this has less to do with you than you think. Some guys just can't help muttering the obvious: "nice left hook," "strong backhand," "great-looking woman." He's probably one of those geezers who's always making an inventory of his observed universe. But it sounds like you're worried he's testing your character. Nah. He's testing his own, checking to see if he's invisible to women yet. He deserves your pity, not your paranoia.

#### My boss has a pretty serious drinking problem, but nobody seems to be saying anything to him. Should I do something?

JACOB, TULSA, OK

Only if he's reaching for your car keys. You think you're the only one who can see what's happening? Believe me, somebody further up the food chain has been watching you and your boss and thinking, "Know what? Let's keep

paying the drunk guy more money than the sober bore." I say just do the job you're paid to do. The Jimmy Law of Gravity says everything eventually falls into place. If for your boss that means facedown across the desk every day after lunch, then somebody whose job it is to notice will notice (HR).

#### My wife is pregnant, and it's dawning on me that my favorite traditions—like weekend golf—may soon die. How can I preserve some status quo?

JOHN, FT. WAYNE, IN

Take a picture of it and put it on that stupid Facebook page you're always wasting your time on, because when the new guy (assuming here) arrives, you'll be happy to go from being a mediocre golfer to being a brilliant quick-change artist who can do a one-handed Huggie without spilling the sippy cup. Welcome to the real world, John, where there's time for golf and babies. The only way your life is going to change is for the better. And noisier. Oh, and one more thing? Don't ask your wife this question.

# Pickup lines rarely work. Introducing yourself can.

#### Jimmy calls BS on... Shots

The distinction between enjoying a drink and doing shots is like the difference between a nice drive down a country lane and doing doughnuts in the parking lot. I see these guys tossing back rotgut, and I know I might as well be pouring them hand sanitizer. I have no problem charging \$7 for a splash of my worst booze. Just one request, okay? If you're going to order shots, don't bully people into joining your sloppydrunk club. Gulping booze while somebody hurls in your face isn't everybody's idea of fun.

#### My best pal and I always fight about politics. And this is an election year! How can we survive it without bloodshed?

BERNIE, QUEENS, NY

Here's a plan: Your buddy starts talking about caucuses, and you deftly change the topic from his stupid political views to his stupid religion. There's no "debate" going on here; it's just racket, and I hear it all the time. Me, I can always walk down to the other end of the bar. So walk with me. You'll never convince your pal to say "Yeah, you're so right." because all you're really trying to do is make yourself feel better at his expense. If that's what you're after, just ask him to buy the next round.

#### Women: What's the deal?

PAUL, MINNEAPOLIS, MN

Paul, you may be surprised to learn that this is not the first time this topic has come up. So you might want to narrow that question down a little—like, "Women: Why do they cross the street to avoid me?" or "Women: Why isn't there one here right now?" or "Women: How do I dress to attract one without looking fat?" Despite all the PC stuff, the deal with women is that they aren't like us at all. They're like them. I'm guessing there are no women on Planet Paul, but take a close look in the mirror and you'll see that the deal with women is a really, really good one.



#### **OH-F@CK FIXES**

#### SURVIVE A LETHAL FREEZE

Ice, snow, sleet—it's a winter wonderland out there, meaning it's a wonder you survive to spring. Give yourself more than a snowball's chance of avoiding injury by stuffing this advice in your parka pocket. These lifesavers are straight out of *The Big Book of Uncommon Knowledge*. No library is safe without it.

#### OHF@CK Your car broke down in a storm. Now you're freezing in the boonies.

THE FIX Try the scarecrow technique to trap body heat. Remove your shoelaces and use them to tie your pant cuffs around your ankles. Then take a pocket knife—or your keys if you don't have one—and tear out chunks of car upholstery. Stuff those into your pants and shirt as insulation.

#### OHF@CK After a day spent trudging through snow, your boots are totally soaked.

**THE FIX** First, light a campfire. But don't stick your boots near it—the direct heat can crack leather and melt the soles. Instead, set several stones just outside the flames. Once the rocks warm up, slip off your boots. Place the stones inside to dry them out.

#### OHF@CK You've been lost or stranded for quite a while. Now you're really hungry.

**THE FIX** Dine on pine. Use a rock to chip away the bark of a pine tree until you can peel back a strip several inches long. Discard that; then scrape out the white inner bark. Start feasting on this high-carb snack. Warning: It's bland. Hope you brought along a packet or two of ketchup.





#### **Beat the Bar Blitz** on Super Sunday

1/Charm the Help

A week before kickoff, head to your favorite watering hole and find out which servers will be working, suggests Clark Wolf, a restaurant consultant based in New York City. Then order a meal and a few drinks, and tip real big-like 30 percent or more. That'll get the staff's attention. When vou return on Sunday. you'll be the hometown favorite: The servers will see green and be more attentive during midgame madness.

#### 2/Stake Your Turf

The promise of a generous gratuity doesn't preclude the possibility that your server will vanish at the precise moment you need something. Call a few days ahead to ask for a table near the kitchen. says Wolf. You'll be strategically positioned to catch your server's eye as he or she exits. If the place won't hold seats for you, just invite more friends: Most spots take reservations for parties of eight or more, Wolf says.

the cheerleaders will flock to the fun table. -LEAH POLAKOFF 3/Order Smart

Order your first round

and apps ASAP. (Duh.)

Now here's the key play: When the apps arrive, ask your server to come back at the end of the first quarter to take your dinner order, Wolf says. Such staggering ensures that the food is fresh, not just made early and parked under a heat lamp. Bartenders get backed up, so ask for a fresh round at

the end of each quar-

ter no matter how full

people's glasses are.

#### 4/Tip and Tip

Don't let your good time get sacked by bad bartenders, slow servers,

or a cook whose wings are chewier than a lineman's mouth guard. Huddle up! With the plan below, your game day will be so great that all

> Most likely you'll be there for a good three hours. So even the best servers may want to take a timeout from your table. Bring plenty of cash-especially dollar bills-and tip after each drink. How much? If the room's packed, make it a buck a beer, no exceptions. Same rule for pitchers: a buck a guy when the refill hits the table. That way your server will be the one who stays calm and collected as the clock ticks down.

#### 5/Amuse'Em

Entertain your tablemates with a 100square football pool. On a sheet of paper, draw a 10-by-10 grid. Number the spaces along the x and y axes from zero to 9. Now everyone takes turns buying squares (with Monopoly money) and marking them with their initials. After each quarter, plot the last digit of each team's score on the grid, x-axis for one team and y for the other. Pay 25 percent of the pot each quarter.

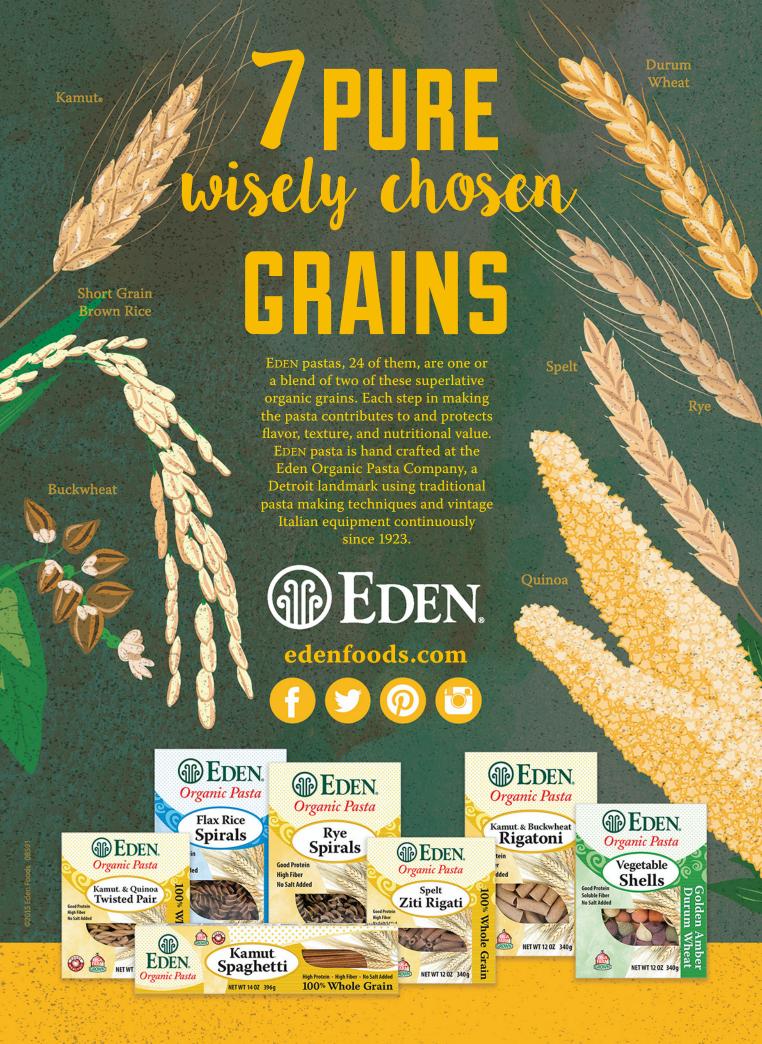


### REMOVE

Want to clear your driveway without making a ruckus or stink? Use a battery-powered snowblower. Brian Birch of the Snow and Ice Management Association has these tips. **POWER** For longlasting juice, look for a lithium-ion battery with at least 40 volts. FRAME To stay light, go with reinforced plastic. It should be wide enough to clear 18 inches per pass. **CHUTE** Look for 180 degrees of rotation so the snow ends up just where you want it.



Dig Shoveling? The Snoboss's 26-inch-wide blade and dualgrip aluminum handle let you toss more with less effort. Plus, it's steel-tipped to chop packed ice. \$35, ames truetemper.com







# 6 Juicy Secrets to Winter Health

The season brings snow, sleet, and... fresh citrus? Yes, these fruits are at their peak right now. Dig in. BY MICHELLE MALIA



#### APPLES GET ALL THE DOCTOR-THWARTING ACCOLADES.

But the next time you find yourself roaming the produce section, consider citrus. Numerous peer-reviewed studies from the past two years suggest that citrus fruits may play a role in lowering blood pressure, preserving brainpower, and cutting cancer risk. According to *MH* nutrition advisor Mike Roussell, Ph.D., they're loaded with three key protective ingredients—vitamin C, potassium, and fiber. Vitamin C may help form and power your white blood cells, which fight off bacteria, while potassium can help regulate blood pressure.

And a 2014 USDA review found that fiber can improve gut health. Of course, citrus delivers a hefty flavor payload for slim calories. And don't sweat the natural sugars: "A significant portion of citrus sugar is fructose, which goes directly to your liver for processing rather than into your bloodstream," Roussell explains. That means it doesn't bring on the same blood sugar spike that the processed sugar in, say, lemonlime soda does. Those spikes trigger cravings, which can lead to overeating and weight gain, increasing your risk of diabetes.

#### SO HOW DO YOU ADD MORE CITRUS

to your diet? Seek out a wider variety of the fruits and use the prep tips on these pages, courtesy of Valerie Aikman-Smith, coauthor of the cookbook *Citrus*, out now. So chop 'em, pop 'em, zest 'em, and reap the bounty of their benefits.



#### **Pomelo**

This massive Southeast Asian flavor grenade explodes with a tart-sweet taste that's one punch grapefruit, one kick orange. Slice through its thick hide with a sharp chef's knife and quarter it. Then wring out the juice, strain it into a glass, and enjoy a simple, singleingredient breakfast drink. If you want to eat it in segments, peel off the bitter pith (the white stuff) first.

**GO MINTY** Pomelos taste great with fresh mint. Use this combo in mixed drinks or salads.



#### Grapefruit

Cocktail party factoid: Grapefruits are so named because they grow in hanging clusters like grapes. Try the fruit, halved, charred slightly in a medium-hot grill pan, and then drizzled with honey. As for health perks, eating grapefruit may help you beat high blood pressure if you're overweight, according to 2015 research in *Critical Reviews in Food Science and Nutrition*.

MAKE AN EASY SALAD Combine peeled grapefruit slices with kale and diced avocado.



#### **Mandarin Orange**

This insta-snack tastes great segmented and mixed into a slaw of thinly sliced apple, fennel, and green olives. Or juice the segments into ice cube trays and drop the frozen cubes into sparkling water for a virtually calorie-free soda alternative. Antioxidant-rich mandarins may have anticancer properties, according to 2015 study in *Nutrition and Cancer*.

**TASTE THE GROVE** Try its relatives too: Satsumas have more tang, while clementines are sweeter.





#### Lime

It's more than a tequila chaser. Limes are rich in antioxidants called flavonoids, according to a 2014 Italian study. And don't trash the peel. Mix 2 cups of almonds, the zest of 3 limes, 1 Tbsp of chili powder, ½ cup of packed brown sugar, and ¼ cup of maple syrup. Roast on a sheet pan at 375°F till browned, about 8 minutes. Sprinkle with sea salt; snack away.

**PUT ON THE SQUEEZE** Try fresh lime juice over chili, Indian curries, or Asian noodle dishes.



#### Lemon

When life gives you lemons, say thanks. Almost any dish, from broiled salmon to homemade hummus, can benefit from the acidic blast of freshly squeezed lemon juice. Mix the zest and juice of 1 lemon and 2 Tbsp of chopped dill into a cup of Greek yogurt, and serve with poached eggs. Or mix the zest and juice into mayo and spread it on a chicken sandwich.

▶ **GET FRESH** Don't zest too deep. Citrus rind packs freshness. Citrus pith tastes bitter.



#### **Blood Orange**

Its reddish-purple flesh comes from the presence of anthocyanins, a class of potent disease-fighting antioxidants. The fruit is supple, slightly sweet, and incredible mixed into a simple arugula and feta salad. (Peel and cut it into ½-inch-thick slices.) For a quick dressing, mix the juice of 1 blood orange with ¼ cup of olive oil and freshly ground pepper to taste.

**CALL ON HERB** Try blood orange chilled with some thinly sliced fresh basil as a simple dessert.





#### NUTRITION Know-IT-Ali

By Mike Roussell

#### Is out-of-season produce less nutritious than in-season stuff?

JAKE, PORTLAND, OR Slightly, but that doesn't mean you should eat only the peak-season stuff. Summer strawberries are more delicious and a little higher in vitamin C than December strawberries, for sure. But all fruits and vegetables, no matter what the time of year, are high-fiber and low-calorie. The bottom line? Think of in-season produce as a bonus, not a necessity.

#### Is fat a good source of energy?

WILL, DALLAS, TX Yes. Because it's high in calories, it helps you feel full and won't lead to crashes like some carbs do. But fat won't give you a fast jolt, which is one of the many reasons why marathoners don't carry sticks of butter. As a general rule for overall health, swap out some fast-burning starches and grains (rice, pasta, bread) for slowfiring fats (nuts, avocado, olive oil).



Mike Roussell, Ph.D. R.D., is a nutrition consultant based in upstate New York. Tweet him: @mikeroussell



BY LEAH POLAKOFF

THE USDA'S NEW MYPLATE NUTRITION RECOMmendations are much easier to understand than the old Food Pyramid, but they still underdeliver on requirements for active men. With the help of Brian St. Pierre, R.D., C.S.C.S., director of performance nutrition at Precision Nutrition, we designed the Men's Health Plate. Dig in.

"Protein helps you build muscle mass while maximizing fat loss," says St. Pierre. Fill a quarter of your plate with short ribs, chicken wings, eggs, fish, or whatever protein your muscles desire. That's two servings, each about the size and shape of your palm, he says.

Eat two handfuls of fruit, beans, tubers (like white or sweet potatoes), or whole grains such as brown rice, quinoa, or farro at each meal. The right amount of carbohydrates can power you through your workout and help prevent snack attacks afterward.

Yes, fats! Shoot for a roughly equal ratio of starches to healthy fats-like avocado or nuts-at each meal, or simply cook with a sploosh (about a capful) of olive oil. These fats help your cells do their job and kick your immune system into high gear. Plus, fats are delicious!

Fiber makes you feel full, vitamins and minerals support proper cellular function, and antioxidants battle disease. So go ahead and load up about half your plate with two fist-sized servings of vegetables, such as brussels sprouts or cauliflower, says St. Pierre.



# INSIDEOUT EVENTS & PROMOTIONS

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# BOOM GOES THE ELECTROLYTE

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WORKOUT

WORKOUT







# Call In Your Special Force

Yoga made Doug Kiesewetter of the U.S. Army Special Forces a better warrior, friend, and husband. See what it can do for you.



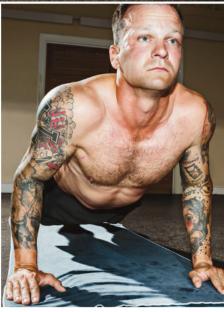
#### I STARTED DOING YOGA IN 2011, WHEN I WAS SHUTTING

down Iraq as part of Operation New Dawn. Eight other Special Forces guys and I were the last American soldiers north of Baghdad, and our job was to represent U.S. support for a sovereign Iraqi state. The area wasn't particularly dangerous (for a war zone, anyway), and we had some free time on our hands. So my fellow SF guys did yoga. I lifted heavy things. Yoga was a sissy workout, I thought.

But one day after I'd finished a CrossFit WOD, the guys goaded me into joining one of their "sissy" sessions.







As a sergeant with the Special Forces, I've been on sniper teams and reconnaissance teams and led hundreds of men in battle. I deadlift 515 pounds, squat 405, and bench 315. But this yoga session left me in shambles. It was held in a cinder block building in the desert with no AC. Matching my breathing to inverted poses was nearly impossible, and I felt like I'd used a whole new set of muscles.

After my deployment, I returned to Fort Bragg and started doing three 90-minute yoga sessions a week with Virginia Gallagher, an instructor at Hot Asana, a studio in Southern Pines, North Carolina, to supplement my four or five weekly CrossFit-style workouts.

I used to pound the iron nonstop. Now I'm actually 30 pounds lighter, but I'm hitting the same numbers in key lifts. Leveraging the breathing techniques I learn on the yoga mat allows me to access untapped strength and mobility—I don't need to redline to improve.

It's funny, because those physical benefits are mostly due to voga's mental benefits.

As a soldier, I believed I could control everything around me completely and thoroughly. But the practice of yoga—breathing, being

present, and letting go—taught me to allow things to happen naturally.

People tend to think the Special Ops gig is all about blowing stuff up and kicking in doors of terrorist cells. Okay, we do that, but it's a small fraction of the job. As a Special Operations soldier, I must make good decisions in high-stress situations. The frame of mind that yoga puts me in lets me step back and assess a situation through a different lens and then react more calmly. In my line of work, that can be lifesaving.

When I returned home, my wife and I were having marital problems because I was trying to force the relationship to "work." One afternoon, while in moon pose, I realized that I can't impose my will on my marriage—I just had to step back and let it run the way it needed to run. Soon, everything started working between us.

I'm better at my job. I'm better in the gym. I'm better at home. Hell, ask my wife—I'm even better in bed. I'm starting to see more and more of my Special Forces brethren in the Hot Asana studio. Knowing that the men in my regiment are also forging a mind-body connection makes me feel better about going into dangerous situations with them.

#### 7 REASONS EVERY MAN SHOULD DO YOGA

Science confirms that the ancient practice benefits your mind, body, and heart.



#### MORE STRENGTH

People in a Colorado State University study who did eight weeks of yoga were able to pull 13 percent more weight in the deadlift.



#### **GREATER STAMINA**

People who practiced yoga for 12 weeks improved their  $VO_2$  max by 5 percent more than folks who didn't take up the discipline, according to a Chinese study.



#### REDUCED PAIN

Low-back-pain sufferers who took a four-week yoga class (and practiced at home) experienced a nearly 20 percent greater reduction in pain than a group assigned to do general back and ab exercises, researchers in India found.



#### BETTER MOOD

Just 10 days of yoga helped reduce anxiety and depression in people suffering from mood disorders, say scientists in Italy.



#### LOWER BLOOD PRESSURE

Folks with prehypertension who did yoga and adopted a healthy diet and exercise routine for 12 weeks reduced their blood pressure more than the group who skipped yoga, a recent study from India found.



#### DEEPER SLEEP

Scientists at New York City's Mount Sinai Hospital found that older people who did yoga three times a week slept longer and reported better sleep quality.



#### BETTER IMMUNE FUNCTION

In research from Korea, people who practiced yoga showed reduced stress-hormone levels and higher immune function.













Scales by CONAIP

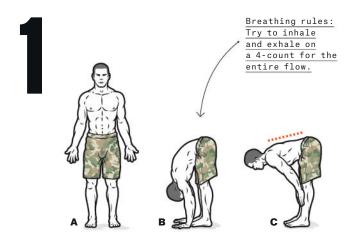


To learn more about Weight Watchers® scales, go to www.conairscales.com



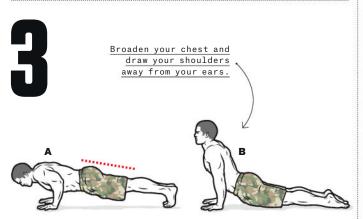
#### POWER UP YOUR PRACTICE

This high-intensity yoga flow, created by Virginia Gallagher and Lisa Tiffany of Hot Asana in North Carolina, builds ruthless mobility while bulletproofing your core, back, and shoulders. Do 5 to 10 flows daily.



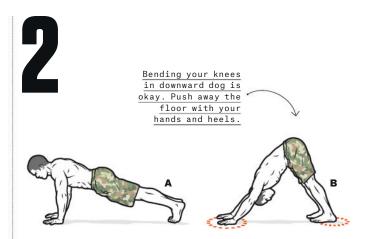
#### Standing Forward Fold Half Fold

Stand tall with your shoulders drawn back and ribs pulled in. Inhale to reach high; then exhale as you fold your body to the floor by extending forward from your hips and bending your knees as much as you need to in order to touch it. Now straighten your legs as much as your hamstrings allow. Inhale and rise to standing, bending your knees as needed to keep your spine straight. Do this three times. Then, from a forward fold, do a half fold: Extend your chest, letting your hands slide up onto your shins, and keep your back straight. Then lower back down into a forward fold. Repeat two more times.



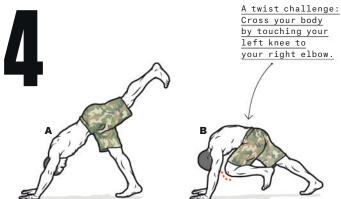
#### Chaturanga Doy

From downward-facing dog, inhale and rock your body forward into a high-plank position. Align your shoulders, hips, and heels, keeping your core and quads engaged. Exhale and roll forward onto your toes; your elbows should stay close to your body as you lower yourself, pushup style, until your upper arms are parallel to the floor. A Now inhale as you roll your toes under so that the tops of your feet come in contact with the floor. At the same time, press away from the floor as you lift through your belly, extend your chest, and roll your shoulders back to transition into upward-facing dog. Keep your hips and thighs off the floor.



#### **High Plank** Downward-Facing Dog

From the half fold, exhale as you step back into a high-plank position. Push your tailbone toward your heels, extend your chest, and brace your core. Your index fingers should point forward, and your upper arms should wrap outward to broaden your chest. Inhale, lift your hips, and push your butt up into the air. Press down evenly with all 10 fingers (keep your thumbs grounded) and draw energy up your arms and your spine to help elevate your pelvis as you push your rear up. Draw in your rib cage and press your legs back. Extend your heels away from your toes and push them into the floor. Take three to five deep breaths.



#### Three-Legged Dog • Knee-to-Elbow Touch

From upward-facing dog, exhale as you roll your toes back over so you're once again in a high plank. Do a pushup and then exhale as you shoot your hips up into downward-facing dog and lift your left leg. Keep your hips square to the floor. Now you're in a three-legged downward dog. Inhale and bring your leg down and forward as you touch your left knee to your left elbow. Do this three times; then switch sides and repeat the sequence three times. Now return to a downward-facing dog and push down through both heels for three final breaths. Then step or hop to the front of your mat and stand tall.





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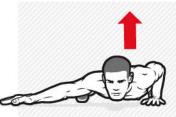
#### 1/ Walking Negative Chinup

Hang from a chinup bar so you're looking down its length, your left hand in front of your right. Pull your chin up to the bar, your head on its right side. Remove your right hand from the bar. As you lower yourself with your left arm, "walk" your right hand in front of your left. Pull yourself up on the bar's left side using both arms. Lower with your right as you walk your left hand forward. That's 1 rep. Work up to 5.



#### 2/ Pistol Squat

Stand on your right foot and extend your left leg. Lower by bending your hips and right knee. Go as low as you can; if your back bends, that's okay. Rise back up using your right leg only. Do 10 reps; then repeat on your other leg. Too hard? Hold on to a pole.



#### 3/ Alternating Archer Pushup

Assume a pushup position with your hands spread wide—about twice shoulder width. Lower your self over your left hand so that your right arm is straight at the bottom of the move. Push yourself back up and immediately repeat the movement, this time to the right. Alternate between sides, working up to 5 reps with each arm.

# Yes, You Can Build This Body Without Weights

If you think iron-free exercises are for wimps, Tim Robards would like a word. He forged his cover-model physique with 3 challenging variations of classic body-weight moves. BY MICHAEL EASTER

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26.2 MILES OF GREATNESS





### Walk This Weight

Loaded carries boost your performance and core strength. So why aren't you doing them?

#### DAN JOHN DISCOVERED LOADED

carries by accident. It was 2001, and the strength coach was sidelined by injury. So he did farmer's walks because he wanted to feel like he was still training. But when he recovered, a funny thing happened: "I looked and performed better."

Soon John was hitting strength and discus-throwing numbers he hadn't seen since his athlete days at Utah State. Loaded carries had a convert, and John went on to popularize them in the fitness world.

These exercises present a serious challenge for the core muscles, according to research by Stuart McGill, Ph.D., of the University of Waterloo. A stronger, tighter core gives your arms and legs a more powerful base for running fast, throwing hard, and performing heavy lifts. The moves also rock your lats while improving your grip strength and shoulder stability.

The benefits aren't limited to individual muscles. "Loaded carries build work capacity," John says, so you can do more gym work and do it better. There are plenty of ways to build capacity, but you won't find one that's safer. "It's really hard to hurt yourself when you're walking around," he says.

Do carries at any point in your workout—they're especially great at the end, when you're fatigued and your balance and coordination are hindered. But no matter when you do them, the payoff is the same: a bigger, stronger body that's better at anything you ask it to do.

There are four types of carries, and each challenges your body in different ways, says exercise physiologist and competitive strongman Pat Davidson, Ph.D. Try all seven variations below. Do one every training session, making sure you've hit all four categories after four workouts.

#### 1/ BETWEEN KNEES

Holding a heavy load between your legs works your glutes harder.



**PDUCK WALK** Hold a kettlebell in each hand between your legs. Or cup the top end of a dumbbell and let it hang between your legs at knee height.

#### DON'T LOOK DOWN!

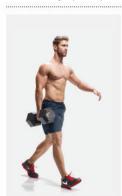
If you look at the floor when you do exercises that challenge your balance and stability, you're doing it all wrong. "It's a natural compensatory strategy, but it provides an undesirable sense of stability." says Davidson. "It makes you shift your body weight forward, putting stress on your lower back." So look ahead at a distant object when you do unstable exercises, such as loaded carries. single-leg squats, deadlifts, and jumps. That, says Davidson, fixes your form and builds more strength.

#### 2/ SIDE LOADED

Because you can use such heavy weights, these build insane total-body strength.



branker's walk Hold a dumbbell, kettlebell, or barbell at each side. Grip tightly. (For loads exceeding 200 pounds, use a trap bar with weight plates.)



> SUITCASE CARRY Hold a weight—dumbbell, kettlebell, or an actual suitcase—on one side. Walk for the same distance or time with the other side loaded.

#### 3/ FRONT LOADED

These variations are especially taxing on your hamstrings and biceps.



> ZERCHER WALK Hold a loaded barbell close to your chest in the crook of your elbows. Keep your core braced and your back straight throughout.



PBEAR HUG Wrap both arms around a sandbag, weight plate, or large rock. Or hold a dumbbell or kettlebell just as you do for a goblet squat.

#### 4/OVERHEAD

Holding weight overhead challenges your core and builds shoulder stability.



OVERHEAD WALK Hold one or two dumbbells or kettlebells (or a sandbag, barbell, or trusting girlfriend) directly over your shoulders.



kettlebell upside down, your upper arm parallel to the floor and your elbow bent 90 degrees. Squeeze the handle tight!

#### STRIDE RIGHT

There's value in mixing up your distances and loads, says Davidson. "In strongman training, we might carry something ridiculously heavy for just 15 yards, which is a killer test of raw strength," he says. "Or we might have to carry something relatively light for a longer distance, which challenges strength endurance." Train different fitness skills by using the rough guide below when you do the farmer's walk, suitcase carry, Zercher walk, and bear hug walk. The percentage of body weight equals the total load you should work up to carrying for the distance.

#### Build More Strength

100% BODY WEIGH

50

#### Go Long and Heavy

75% BODY WEIGHT

/ 15(

#### Challenge Your Endurance

50% BODY WEIGHT /300



#### **EXCUSE-PROOF YOUR COLDEST WINTER WORKOUTS**

Whether you're slogging slushy miles or tackling an outdoor WOD on a 10-degree January morning, the right gear can make or break your winter workout. How your body performs in cold conditions often depends on how your clothing performs. So meet your new best friends: Worn together, the **Patagonia Merino Air Hoody** (\$149, patagonia.com) and the **Nike Therma-Sphere Max Training Jacket** (\$185, nike.com) collaborate to create the ultimate cold-weather performance-enhancing system.

The lightweight base layer is itch-free and seamless (no chafing!). Its hood features a high collar to shield your neck and chin from wind and precipitation. The jacket is supremely weather resistant yet won't restrict your movement. It borrows wetsuit technology, trapping warm air in close while flushing out hot air and blocking the cold. Together they shuttle sweat from your body and ensure that you stay perfectly comfortable during your outdoor workouts—no matter how low the temp goes.



In the lead role: John Travolta, movie legend and aviation aficionado. Guest star: the legendary North American X-15 that smashed all speed and altitude records and opened the gateway to space. Production: Breitling, the privileged partner of aviation thanks to its reliable, accurate and innovative instruments – such as the famous Chronomat, the ultimate chronograph. Welcome to a world of legends, feats and performance.

**CHRONOMAT 44** 







# **Dressing Up Without Stress**

When casual just won't cut it, use these style strategies to rise above the other well-dressed guys in the room. BY DAN MICHEL



#### IF JEANS AND A BUTTON-DOWN SHIRT IS YOUR DEFAULT,

prepare to be overlooked—at the office, at the bar, at your own funeral. The fact is, quality clothing elevates more than just your appearance: A recent study suggests that wearing a jacket and tie can have intangible benefits. "Dressing formally makes you feel powerful. In turn, you think like a leader and might generate bigger ideas. This could help with brainstorming," says study author Abraham Rutchick, Ph.D., an associate professor of psychology at Cal State Northridge. Turn the page to look sharp—and be sharp.

#### The Look/ A Suit and Tie

**ELEVATE IT** Create contrasts but don't go wild. A tailored suit in a dark pattern worn with a white shirt sends the message that you're a guy who can make things happen, says image consultant Lauren Solomon. Combine it with tasteful, quality shoes. If you're negotiating a raise, for instance, that kind of small touch can subtly convey that you're worth the investment. Finish the look off with surprising, understated details, like cuff links that reflect your personality. "They're a stylish way to add creativity without distracting from the real focus-you," says Solomon.

L.B.M. 1911 suit, \$1,195

Van Heusen shirt, \$50

Alexander Olch tie, \$150

The Tie Bar tie bar, \$15

Jimmy Lion socks, \$14

To Boot New York shoes, \$395



The Look/ Jeans and a Blazer

**ELEVATE IT** The perfect jacket should be a solid color and have an interesting texture or pattern, such as herringbone or houndstooth, for maximum utility. Pair it with a patterned shirt (which is more intriguing than a traditional white dress shirt) buttoned all the way up. Now break up the tailored look with the darkest pair of jeans you can find. You want these jeans to fall just above your shoes; you'll appear approachable yet sophisticated. Trust us. Finally, leave your tie at the office and swap in a loosely folded pocket square in a cool geometric pattern. Who does this? Nobody but you, my friend. Voilà: You're special.

Bonobos jacket, \$398

Scotch & Soda shirt, \$125

Mavi jeans, \$148

J.Hilburn pocket square, \$59

Florsheim Limited boots, \$175

cool geometric pattern.
chis? Nobody but you,
Voilà: You're special.
t, \$398
shirt, \$125

56 MENSHEALTH.COM | January/February 2016

Navy and brown

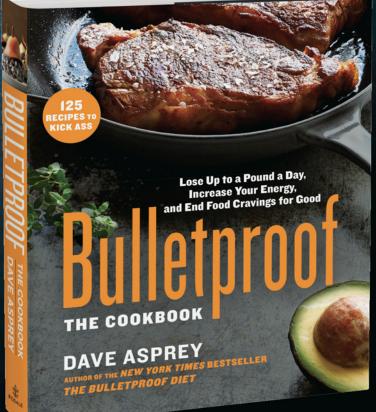
Switch to black

shoes at night.

work for daytime.







# Recipes to kick ass, gain energy, build lean muscle, and effortlessly melt away pounds

"The Bulletproof Diet deliciously answers the question 'How can I eat fantastic food that's going to keep me healthy?' Bulletproof: The Cookbook is an incredible compilation of recipes that's sure to help many achieve their health-related goals." -DAVID PERLMUTTER, MD, New York Times best-selling author of Grain Brain and Brain Maker

"Burn fat, boost metabolism, and build muscle with these amazing Bulletproof Diet recipes that swap unhealthy sugars for delicious, health-boosting dietary fats." -JJ VIRGIN, CNS, CHFS, celebrity nutrition and fitness expert and author of the New York Times bestsellers The Virgin Diet and Sugar Impact Diet

"I've been Bulletproof for more than 2 years now and speak of the positive changes from this shift in my eating habits constantly at work, on set talking to other actors and crew, and at parties with friends. I'm always asked, 'Sure, you drink Bulletproof coffee, but what do you eat?" Now I can just give them this book jampacked with great recipes. Thanks, Dave!"

-BRANDON ROUTH, actor and star of Legends of Tomorrow and Superman Returns









#### Can I wear sneakers with my suit?

HARRY, BOULDER, CO Yes, but choose your venue. Not to a wedding, funeral, or typical office, okay? A creative workplace, totally. A smart white shoe adds comfort and flair, but forget cross-trainers and basketball shoes. With a jacket, they should be simple, leather, and uncomplicated. Check out Adidas's Stan Smiths, or styles from Axel Arigato or Common Projects. And your suit should be well tailored, slim-fitting, and preferably solid. Save the pinstripes and windowpanes to wear with your best brogues.

#### How can I avoid ingrown hairs?

BILL, BROOKLYN, NY It's possible your razor has too many blades. That pull-and-trim action can make a whisker curl backward and become trapped under the skin. Men with curly or coarse hair are especially susceptible. Hike Gillette's Mach3; three blades seems right. Next, exfoliate three or four times a week. I recommend Anthony Facial Scrub or Clarisonic's Alpha Fit Men's Cleansing brush.



Brian Boyé is the executive fashion director at MH. Follow him on Twitter and Instagram: @brianboye



Sheepish about shearing? Ask your barber to touch up your brows too.



#### **Trim Off Years** in Just Minutes

Haggard isn't hot. Use these strategies to freshen up your tired mug and look younger instantly.

#### A MAN'S FACE IS HIS AUTOBIOGRAPHY, OSCAR

Wilde once said. Or if he didn't, he should have. (Keith Richards didn't need to write 576 pageshis cover photo said plenty.) What does your face say? If it's "No sleep, teething baby, big presentation, too many beers, need a nap," then maybe a rewrite is overdue. "We admire people who look like they take care of themselves," says Sylvie di Giusto, an image consultant and corporate trainer. "But image is all about the micromanagement of your eyes, skin, hair, teeth, and so many other seemingly minor elements." Do an about-face with these overnight fixes.

#### CHECK YOUR BAGS

Fight dark circles and puffiness by daubing on an eye cream that has peptides to support and revitalize your skin and caffeine to tighten it, says Rachel Pritzker, м.р., a Chicago dermatologist. Store it in the fridge and apply it cool, Dr. Pritzker says. Or use cold compresses on your eyes for immediate relief from puffiness.



Recipe for Men Under Eye Gel \$48, recipefor menusa com

#### BULLDOZE DEAD SKIN

Turn to an exfoliating wash that contains volcanic rock. It's coarse, but lava particles are smaller and gentler than the walnut shells or apricot kernels used in other scrubs. Aloe and coconut water provide moisture. Then throw on a light-colored shirt to brighten your skin even more, says Julie Rath, a men's style consultant.



Harry's Daily \$7, harrys.com

#### STOP SEEING RED

Dry eyes from lack of sleep may lead to inflammation, causing blood vessels to dilate. Using eye drops two or three times a day will replenish moisture, says Dennis Cheng, O.D., a New York City optometrist. Just avoid tetrahvdrozoline. Dr. Cheng says—it relieves but doesn't treat the cause of redness.



Bausch & Lomb Soothe XP Xtra Protection \$11, bausch.com

#### SMOOTH STRAY HAIRS

Apply a dab of hair cream or wax to control any errant strands, and then tame wild nose, ear, and evebrow hairs. Use small, curved scissors with rounded tips on your nose and eyebrows. Comb eyebrows up and trim excess hairs above but never below the arch. Shave downward on your neck for a cleaner look.



Tweezerman Scissors, \$17, tweezer man.com

#### STEAL A BRIGHT IDEA

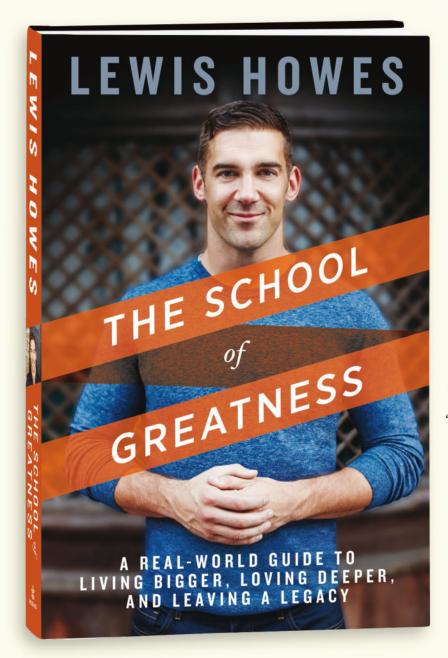
If you want your smile to shine, use a brightening pen-just paint over your teeth with a few strokes. Two daily 10-minute sessions will lighten teeth by as much as four shades in a week. Now show off your dentition: A Penn State study found that people with authentic smiles may appear more competent.



IntelliWhite Pro Whitener Express Pen Duo \$30, hsn.com

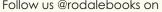
SMILE! **PEOPLE JUST** MIGHT SEE **YOU AS MORE** COMPETENT.

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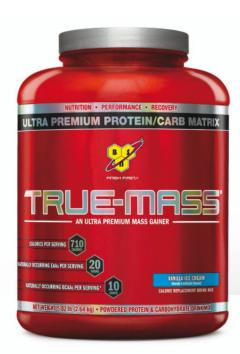
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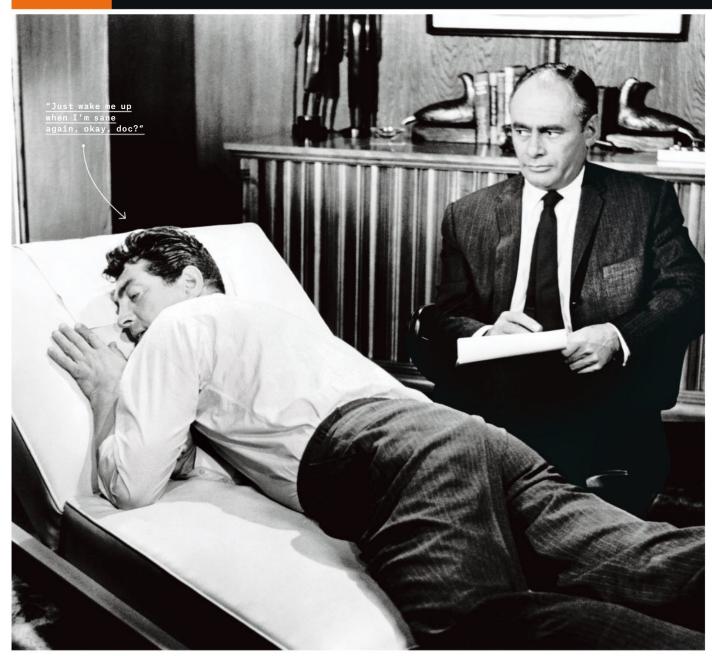












# What Can a Shrink Do for You?

Plenty—if peace of mind is important to you. Not sure where to begin? Turn the page to find all the answers. BY DAVID MCGLYNN



#### MEN ARE EVOLVING. THE OLD BOTTLE-IT-UP AND DRINK-IT-

away approach to dealing with psychological or emotional distress has shifted to a new talk-it-through strategy: 42 percent of men ages 18 to 32 view the shrink's couch as an essential part of wellness, according to a 2014 millennial health survey. "Men are starting to realize that talking about their feelings can help them live happier, healthier lives," says Ronald Levant, Ed.D., a cofounder of the Society for the Psychological Study of Men and Masculinity. Read on to figure out if you might benefit from a couch confessional.





# How am I supposed to know if I even need to see a therapist?

Sadly, there's no blood-pressure equivalent for mental health. But if you feel like you're losing control of life, a therapist can help you seize the helm. "The word I use is 'stuck,'" says Joel Wong, Ph.D., a professor of counseling psychology at Indiana University. "Most of my male clients came to me when they were caught in a rut they couldn't seem to get out of."

Problems with anger or alcohol could be cause for the couch, but don't feel you have to pinpoint the issue, says *MH* mental health advisor Thomas Joiner, Ph.D. "Do you have a problem that's affecting your ability to function? Is it costing you jobs? Relationships? It doesn't matter where it came from. It's important to get help."



## Wouldn't it be easier to just pop a pill?

You should think of antidepressants as the remedy of last resort. Sure, they can be useful in some cases. But they also come with the potential for side effects, including insomnia, weight gain, and sexual problems. And they're already overprescribed in the United States: A recent study published in the *Journal of Clinical Psychiatry* reported that nearly 70 percent of people taking antidepressants did not meet the criteria for clinical depression.

But more to the point, a therapist can help you develop strategies for overcoming any negative thought patterns and destructive behaviors you might have, and that's something no pharmaceutical remedy can do. Or, as Wong puts it, "Pills don't teach skills."



## What kind of therapist should I visit?

A counselor or a licensed social worker will give you a solid intro to talk therapy, says Joiner. And if it turns out you need more help, he or she may refer you to a psychologist (a Ph.D. or Psy.D. who can diagnose and treat mental illness) or a psychiatrist (a medical doctor who can prescribe medication).

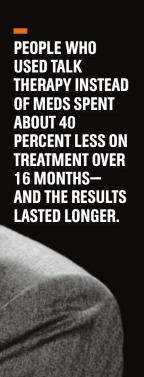
If you're worried you'll choose the wrong therapeutic discipline—cognitive behavioral therapy, experiential therapy, and so on—don't be. "Rapport with the therapist is way more important than the specific technique," says David Wexler, Ph.D., executive director of the Relationship Training Institute in San Diego. To boost your odds of success, chat with a few prospective therapists on the phone before making an appointment.



#### I'm worried that my problems aren't big enough. What if I have nothing to say?

Don't worry. You're not on trial. The agenda is looser than you might expect, says Wexler. A good therapist just wants to make you feel comfortable so you can speak on your own terms.

But say you do freeze up. Ask about "triangle conversations," where the client and therapist engage in a common task, such as playing cards. "The ability to focus on the game instead of the counselor often allows men to talk more freely," says Wexler. Or consider email or video chat. A study in the Journal of Affective Disorders found Internet-based therapy to be as effective as face-to-face sessions in treating depression. Find an online therapist at breakthrough.com.





# How many sessions do I need before I can get on with my life?

"There's a chance we could talk through everything in one session," says Fredric Rabinowitz, Ph.D., a professor of psychology at California's University of Redlands. It's more likely, however, that you'll need at least a couple months of weekly therapy: A Journal of Counseling Psychology study found that the first couple of sessions have the biggest impact, and that the rate of improvement slows with each additional session. But it's not a one-size-fits-all plan: Some people need as few as three sessions, while others in the study took 26 or more.

Regardless, don't delete your therapist's number when you're done. Many men find it useful to go back once or twice a year for a mental checkup, says Rabinowitz.



## How much is therapy going to set me back?

It's definitely less than the cost of a mental meltdown. Paying out of pocket, you may fork over as much as \$300 for a single session, but many will charge you something in the range of \$75 to \$150 per visit. Your health insurance is likely to foot a big chunk of the bill, but confirm that your plan covers your treatment before you're on the hook. Your company may even offer an employee assistance program that provides free access to short-term counseling.

Still worried? Consider how much you'll save over medication: Researchers at the University of Washington found that people who went to therapy instead of taking meds spent about 40 percent less on treatment over 16 months—and the results lasted longer.



#### Will my shrink think I'm wasting time if I just talk about the stress of my job?

You're paying, right? So what he or she thinks doesn't matter. But more important, you probably spend as many hours at work as you do at home—if not more—and that time can have a huge impact on your well-being. "A job-related problem is actually a great reason to seek counseling," says Wong.

Heck, therapy can actually give you a leg up at the office: U.K. researchers found that 13 weeks of cognitive behavioral training significantly increased workers' job satisfaction and self-esteem. Even their productivity improved: 65 percent of the employees performed at or above average compared to their coworkers for two years after the therapy sessions.



# Should I make a special effort to find a male therapist?

Try not to focus on gender. (If you can't help it, then you have a lot to talk about on the couch.) A study in the journal *Psychotherapy* suggests that the therapist's gender doesn't affect treatment success, so ask around among people you trust for recommendations.

Still, some men may be more comfortable with a woman, and there may be scenarios in which a woman may have the edge: "If a man has gone through a difficult breakup or is having trouble understanding his wife, a female counselor might provide a better opportunity to work through those problems," says Joiner. If you prefer to work with someone who specializes in treating men, do a search at locator.apa.org.



## Can therapy help me perform in the sack?

When do you most feel like getting busy: When you're happy and relaxed, or when you're stressed and tense? Exactly. Studies show that anxiety and depression can make men more likely to go limp in the bedroom. In fact, ED meds seem to be more effective when combined with therapy, according to researchers in Switzerland. And if the problem stems from sexual anxiety, counseling can help you communicate and empathize with your partner—a strategy that can ultimately relieve some of the performance pressure.

"Connecting behavior, such as listening and emotional vulnerability, can be the greatest foreplay of all—especially for women," says Wexler. That's right: You can earn credit without lifting a finger!



Percentage of men with mental illness who were not treated for it in the past year, according to a report from the U.S. Department of Health & Human Services. Have trouble asking for help? Check out mantherapy. org. "The site delivers health information in a novel package," says Vancouver-based psychologist Will Meek, Ph.D. Which is to say: It's funny as hell. You'll be rolling on the floor while you find a therapist to help straighten you out.



## Will my therapist try to make me cry?

Relax, it's not as if anybody's getting a kickback from Kleenex. If you do tear up, know that lots of men turn weepy in therapy. They may not be used to talking about emotions, and doing so can feel overwhelming, says Rabinowitz.

In fact, a little sobbing gives you some extra bang for your therapy dollar: A Dutch and Croatian study suggests that crying may cause your parasympathetic nervous system to engage and your brain to release oxytocin, inducing relaxation and improving mood. And researchers at the University of South Florida found that tearing up in the presence of another person (like your therapist) can lead to a greater mood boost than flushing your ductwork by yourself.



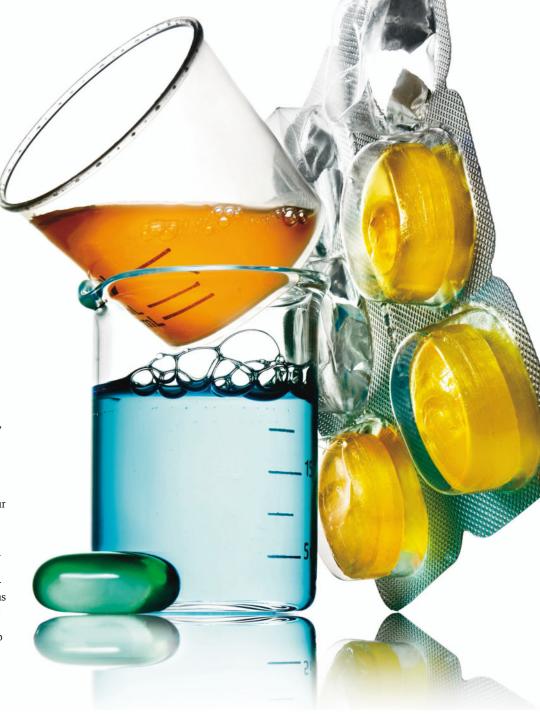
Name the pain or problem, and we'll point ou to the cure.

#### OUR COUNTRY HAS A DRUG PROBLEM.

Not the kind that can lead to 10 in the pen, but the type that makes a simple trip to the pharmacy criminally confusing.

For instance, which balm should you buy to relieve your postworkout pain in a hurry? Which jock itch cream, spray, or powder will keep you from scratching your balls once and for all? And where's the pill you pop when your stomach decides to show the world its contents?

To help you find your over-the-counter relief, we tapped the industry's leading experts for answers and then put together this cheat sheet. There are generic versions for almost all of these, so we're calling out the active ingredients and the most common brands. It should make your next trip to the drugstore less of a headache.



#### **Acid Reflux**

#### **Prilosec OTC**



**AcneFree Acne Cleanser** + Neutrogena **Rapid Clear** Spot Gel

Acne



Claritin

**Allergies** 



**ACT Restoring** Anticavity Mouthwash

**Bad Breath** 



Colgate Peroxyl + Colgate Orabase



Frequent four-alarm esophagus fire? Douse it with a drug called a proton pump inhibitor (PPI). Unlike most PPIs, Prilosec contains the same amount of omeprazole-20 milligramswhether it's over-the-counter or Rx. Note: Regular use of PPIs may raise your heart attack risk, so see a gastroenterologist if you're still smoldering. You may need an H<sub>2</sub> blocker instead.

Evict zits with this cleanser. which uses the antibacterial benzoyl peroxide as its active ingredient. The 2.5 percent concentration is less irritating than stronger formulas. At night, apply the 2 percent salicylic acid gel; it'll ease redness and break up infected cells, savs Reneé Acosta, R.Ph., of the University of Texas at Austin College of Pharmacy.

Claritin (loratadine) wins by a nose because it won't leave you sleepy like Zyrtec (cetirizine), and it's cheaper than Allegra (fexofenadine), says Joey Mattingly, Pharm.D., of the University of Maryland School of Pharmacy. For a bad allergic reaction, pop Benadryl: Diphenhydramine kicks in more quickly than any other antihistamine.

Do something about that foul mouth by swishing with the antimicrobial cetylpyridinium chloride (CPC)-it will obliterate the bugs behind your halitosis. You'll find CPC in many mouthwashes, but this formula also contains fluoride, which can help fortify enamel without inhibiting CPC's germ-killing effects, British research suggests.

Cankers away! Using hydrogen peroxide in the a.m. will disinfect the sore and reduce the pain in just a day, German researchers report. Next, apply Orabase. The paste can prevent reinfection, while the benzocaine numbs any remaining pain, says Megan Undeberg, Pharm.D., an assistant professor of pharmacy at the University of Minnesota.

# -

#### BRAND NAME VS. GENERIC DRUGS

Does saving money mean skimping on relief?

Imagine closing your eyes and having someone put a CVS ibuprofen pill in one hand and an equal dose of Advil in the other. Think your body could tell the difference if you kept your eyes shut and swallowed both drugs? Not a chance. Generic equivalents are just that-chemical replicas of their brandname counterparts, says Reneé Acosta, R.Ph., an assistant dean at the University of Texas at Austin College of Pharmacy. Yet you may benefit more from one than the other if you peek at what you're popping. In a 2015 German study, people reported greater pain relief from a (placebo) brandname pill than the (placebo) generic version. "Your positive belief toward a certain product will factor into how well it works,' Acosta says. "And if you think something isn't going to work, you'll convince yourself to some degree that it didn't." The lesson: Harness the placebo effect and buy the drug you believe in. -MICHELLE MALIA

## Chest Congestion

Mucinex



Abreva + Anbesol Cold Sore

**Cold Sore** 



Delsym 12 Hour Cough Relief

Cough



Clear Scalp & Hair Anti-Dandruff Shampoo

**Dandruff** 



Gunk in your lungs? Mucinex is the only FDA-approved timed-release version of the mucus mover guaifenesin. Swallow two 600-milligram tablets with a glass of water, and then keep hoisting  $\rm H_2O$  throughout the day to loosen the loogies, says Acosta. And unless you can't sleep, skip suppressants: Coughing helps dredge your chest.

If you start to feel that telltale tingling on your lip, dab on docosanol. This antiviral will shorten the outbreak by walling off healthy cells from the herpes virus. Then use a cotton swab to apply Anbesol Cold Sore: Benzocaine will numb the pain, while petrolatum prevents cracking and bleeding, says Dr. Undeberg. Reread "Chest Congestion" (left). Still need a cough suppressant? Start spooning. "Dextromethorphan makes your cough reflex less sensitive," says Janet Engle, Pharm.D., of the University of Illinois College of Pharmacy. The extended-release formula is potent; it will quell your cough for up to 12 hours.

You're probably flaking out because of fungi. Hit back with zinc pyrithione, which delivers an antimicrobial punch to your scalp and hair follicles, say U.K. scientists. Even if the snowfall is simply the result of common dryness, the zinc can help stop the storm by regulating oil production and cell turnover on your scalp.

#### Diarrhea

Imodium Multi-Symptom Relief



Gas-X



Simply Sleep

Insomnia



Lamisil AT Spray

Jock Itch



Calm your overactive intestines with loperamide and you could shorten the runs by a day. But combine it with simethicone to spend even less time perched on the porcelain, a 2014 review in American Family Physician suggests. Dose per the label instructions. Seeing red? See your GP; blood may signal something more serious.

The antifoaming agent simethicone cuts the surface tension of gas bubbles in your intestines, making it easier for you to pass them along, says Dr. Engle. If you're too free with the flatulence, turn to Beano. It contains alphagalactosidase, an enzyme that breaks down hard-to-digest complex carbs.

Antihistamines don't just stop your cough; they also knock you out. And diphenhydramine (not recommended for guys over 65) is the one with the best record, says Dr. Mattingly. Start with 25 milligrams an hour before bedtime. If you aren't groggy in the morning, pop 50 milligrams the next time you're sleepless.

Stop scratching and start spraying. Terbinafine breaks down cell membranes in fungi, curing your crotch (or foot) itch in two weeks, versus up to four with other antifungals. Why not a cream? Sprays lessen the odds you'll miss a spot and limit skin-toskin contact with the infection, says Dr. Undeberg.

#### Minor Cut or Burn

#### **Motion Sickness**

#### Pain/Fever

#### **Sore Throat**

Vaseline



**Bonine** 



Advil Liqui-Gels



Chloraseptic Sore Throat Lozenges



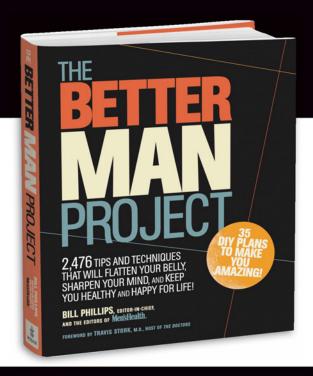
Pouring alcohol on an everyday wound is over-kill. So is using an antibiotic ointment. Instead, wash it with soap and water and then dab on a thin layer of Vaseline before bandaging. "Petroleum jelly seals in moisture so the area stays hydrated and the skin can knit itself back together," Dr. Undeberg explains.

Antinausea meds can also be anti-consciousness. To easy the queasy and stay awake, take meclizine: It's not as likely as dimenhydrinate (Dramamine Original Formula) to leave you zonked, and if you choose Bonine, a single dose can last 24 hours, compared with just six hours for a dose of dimenhydrinate.

If you can't walk off the pain, jog to the drugstore. "Ibuprofen works faster than naproxen and lasts longer than acetaminophen," says Dr. Engle. Start with two 200-milligram capsules every six hours—the Liqui-Gels contain solubilized ibuprofen that's more quickly absorbed than tablets or caplets.

Maybe you're coming down with something—or the air in your home is just too dry. Cover your bases (and your throat) with a lozenge containing benzocaine and menthol. "Sucking on it will increase saliva production and lubricate your throat," says Acosta. Plus, the combo of anesthetics will numb the irritated area.

A flat belly. Stronger muscles. Hotter sex. Career success. More respect. Greater happiness. Lots of fun. And good health for life.



The Better Man Project is the ultimate health handbook for any man who wants to live better and longer. Written by Bill Phillips, editor-in-chief of Men's Health, this 340-page manual is packed with thousands of useful tips and action items to upgrade your diet, fitness, health, relationships, career, and more (as easily as possible), plus specific DIY plans to make you the best man you can be.

Any man can get a little bit better each day. **Every man should. Start today.** 















#### Bend, Oregon/ Test your biking mettle on a dirt-and-gravel network

There's no better city than Bend for achieving off-road bliss on a mountain bike. "You can access trails just 3 miles outside the city," says Ryan Trebon, a member of the Cannondale/ CyclocrossWorld.com team. "I'm not talking about 8-mile rides-I mean hundreds of miles of trails right on the edge of town." And unlike other mountain biking hot spots, most of these trails are suitable for guys who don't have a death wish: "They're well maintained, easy to navigate, and more approachable than technical," says Trebon. "You could ride a road bike on most of them." Set aside a day for the new Bend Whitewater Park, where the Colorado Dam has

been turned into a water sports playground with three new channels-one for observing nature, one for rough-water kayaking and rafting, and one for lazily floating down a river while doing beer-can curls. Hey, there's more than one way to work on your six-pack. TRAVEL THE ALE TRAIL When you hit downtown, swing by the Bend Visitor Center to pick up your "passport" for the Bend Ale Trail. Fill it with stamps by sampling the suds at the 16 breweries on the list (uh, not all in one day), and you'll score an official Bend Ale Trail pint glass and full permission to behave like an insufferable beer snob with your brew-loving friends back home. And save space for food: Deschutes Brewery makes the ultimate burger for ale junkies. The beef comes from local cows fed with grains recycled from the brewing process.



Juneau, Alaska/ Find silence in the ice field

It's mere minutes from the warmth of your hotel bed to mountain wilderness, "without even getting into a car," says Geoff Roes, a professional ultrarunner based in Juneau. When you trek onto Mendenhall Glacier, skip the shuttle ride with the other tourists. Instead, hike 4 miles through the Northern Hemisphere's largest temperate rainforest and trek over barren bedrock before strapping on your crampons to crunch across the glacier. Above & Beyond Alaska will set you up with the gear and a guide (\$230, beyondak.com). **EMBRACE THE LIGHT** Long, dark

winters mean Alaskans, come spring, like to party. Hit the town during the first week of April and you'll catch the Alaska State Folk Festival, a weeklong celebration with music, dancing, and booze.











Drought in Asheville is rare. "We have a steady flow of water almost all the time," says Pat Keller, a local professional kayaker, Green River has mellow, intermediate, and expert stretches to suit your skill level. You can rent your gear from Green River Adventures (\$50, greenriver adventures.com); after you dry off, grab a pint.

You have lots of options: Asheville boasts more breweries per capita than any other U.S. city. CRASH THE CITY'S COOLEST BBQ Rent a paddleboard (\$40, ashevilleadventurerentals.com) or a tube (\$20, zentubing.com), drift down the French Broad River, and pull ashore at ByWater, a float-in bar where you can throw a Frisbee, play beanbag toss, and grill brats. Since the bar doesn't sell food (it's BYO), you'll have to pay a \$5 membership fee. (Blame an odd North Carolina law.) But hey, now you're a member for life!



















Sedona, Arizona/ Rove the place that looks like Mars on Earth

Since 650 A.D., people from all over the world have been attracted to Sedona's "energy vortexes," healing spiritual fields that swirl around the red rock formations. But that's bullshit. (Sorry, ancient spirits.) Your time is better spent exploring the 200 miles of trails, 80 of which coil around the city within a 10-mile radius; a dozen new routes are scheduled to open later this year. Sedona's terrain is otherworldly: Oxidized iron in the soil and unique erosion patterns have created looming red rock monoliths that look as if they were plucked from the set of *The Martian*. But the backdrop is blue skies, clear streams, and towering ponderosa pines,

and the weather is consistently mild. "About 25 percent of the trails are beginner- and family-friendly, 50 percent are moderate, and 25 percent are difficult," says Greg Stevenson, founder of The Hike House, a Sedona outfitter offering classes, expeditions, and tons of info.

PLAN A SUNRISE HIKE The 6-mile out-and-back West Fork Trail winds alongside a creek that flows beneath thousand-foot canyon walls, offering ample shade and opportunities to strip down and take a dip. (Warning: Cold water and energy vortex may cause shrinkage.) The path clogs up fast, though, so show up early if you want to swim in the buff: "The signs say the trail opens at 9 a.m., but that only applies to parking," says Stevenson. "If you park a quarter mile past the entrance and hike back, you'll have Sedona's most gorgeous trail all to yourself."

Want better powder? Try the hill with no ski lifts on it.



Jackson, Wyoming/Carve the backcountry snow

In this whiskey-shootin' ski town with Wild West sensibilities, you'll see both cowboy boots and ski goggles. In December, Jackson Hole Mountain Resort debuted a new lift to the Sheridan Ridge, opening 200 acres of backcountry previously accessible only on foot. Not ready for that? Fear not: Half the resort is greens and blues, including 12 runs designed for entrylevel skiers. Even better, they're covered with "exceptionally dense, dry powder that's so easy to carve that even a first-timer will feel like a pro," says Griffin Post, a Jackson resident and two-time U.S. Extreme Skiing champion.

**EARN A KILLER SKY VIEW** Wait until the snow melts in May and camp along 200 miles of trails in nearby Grand Teton National Park. Why? Stars, man! You can see thousands from Jackson Hole (compared with only a smattering visible in a city). "It's so dark that you can see the Andromeda Galaxy"-that's 2.5 million light years away-"without using a telescope," says Samuel Singer, Ph.D., executive director of Wyoming Stargazing. "It's nothing short of a spiritual experience." He suggests pitching a mesh-domed tent like Big Agnes's Seedhouse (\$280, bigagnes.com) on the Teton Crest Trail (with peaks higher than 10,000 feet above sea level). Register now for your Grand Teton backcountry camping permit to score your spot (\$35, recreation.gov).



#### St. Augustine, Florida/ Ride the historic waves

The nation's oldest city also happens to feature some of the world's friendliest surf. Always wanted to try? This is your break, says Tory Strange, two-time East Coast longboard champion and owner of St. Augustine's Surf Station. "The waves roll in slowly, and you don't need to worry about cutting yourself on reef coral-it's all sand bottom here." St. Augustinians also love to skimboard-that's gliding over the shallow water after a wave breaks. The city's Vilano Beach hosts the Florida Skimboarding Pro/Am competition every August. After your day on the beach, stroll past Florida's oldest fort and house and the nation's oldest wooden schoolhouse before diving into the city's impressive cocktail scene. St. Augustine Distillery makes vodka, gin, rum, and whiskey from Florida-grown sugarcane, corn, and wheat, and the local Ice Plant Bar uses the spirits to build cocktails that make your standard rum and Coke taste like dishwater by comparison.

ists rarely venture far from their hotels, so the umbrellas end up crowded on the closest patch of sand on St. Augustine Beach. But if you drive just 10 minutes north to Anastasia State Park (you can camp there), it's less crowded, says Strange. With fewer people, you'll also be more likely to spot dolphins, crabs, and manatees.



#### BACK IN 2013, RALEIGH DIDN'T CRACK THE TOP 10 ON OUR BEST CITIES LIST.

But it has marched steadily upward, and now the City of Oaks is officially the top spot for a guy like you to live in 2016. That's our kind of evolution. "North Carolina has historically been a profoundly unhealthy state," says Terrence Holt, M.D., Ph.D., an associate professor of social medicine at UNC. During World War II, more men there were physically unfit to serve than in any other state, says Dr. Holt. "It's been an incredible turnaround." Here's how Raleigh became a model for healthy living—and how you can too.

#### THE FITNESS

Within its 146 square miles. Raleigh has 100 miles of cycling, walking, and running trails, and more are planned. That helps residents avoid traffic and stav happier too. In a British study, "active" commuters were 13 percent less likely to report being under constant strain. If your job is too far for walking or biking, try putting your meetings in motion: People in a 2014 Stanford study improved creativity by more than 60 percent while walking than while sitting.

#### THE FOOD

The Raleigh Farmers Market covers 30.000 square feet-about the size of a typical Walmart! It operates all year long, seven days a week. A vast array of produce, meats, and cheeses on display makes this market the go-to provisioner for Raleigh restaurants. The less time a fruit or vegetable spends in transit from the farm to your stomach, the more nutrients it will retain. To find a market in your area, go to search.ams.usda.gov/ farmersmarkets.

#### THE PERKS

The city's tech industry raised the bar on employee wellness programs. Many local startups offer flexible time off, healthy cafés, onsite medical centers, free counseling, and fitness facilities. If your company has a wellness program. join: Employees who do so exercise more, smoke less, and maintain healthier weights, Dr. Holt says. Plus, federal stats reveal that they tend to spend less on health care. If your company doesn't have a program, ask why not.

# THE BEST AND WORST CITIES FOR MEN

TOP FIVE

L RALEIGH, NC

SAN JOSE, CA

MADISON, WI

ANAHEIM, CA

BURLINGTON, VT

**BOTTOM FIVE** 

100 DETROIT, MI

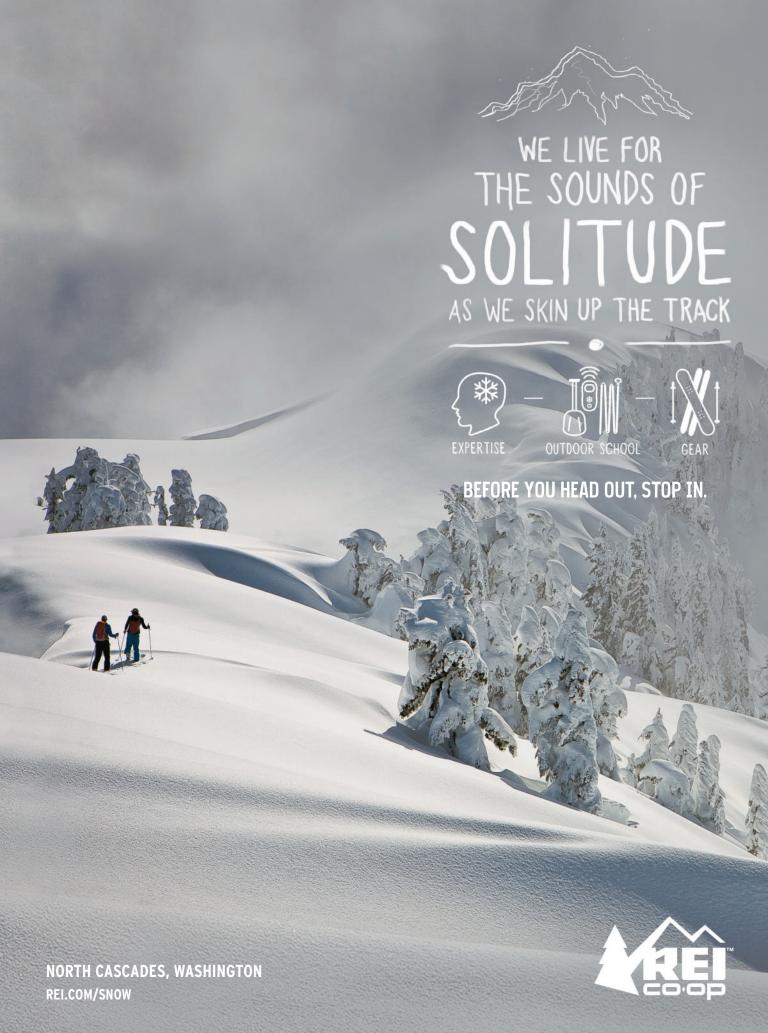
H CHARLESTON, WV

∃⊟ PHILADELPHIA, PA

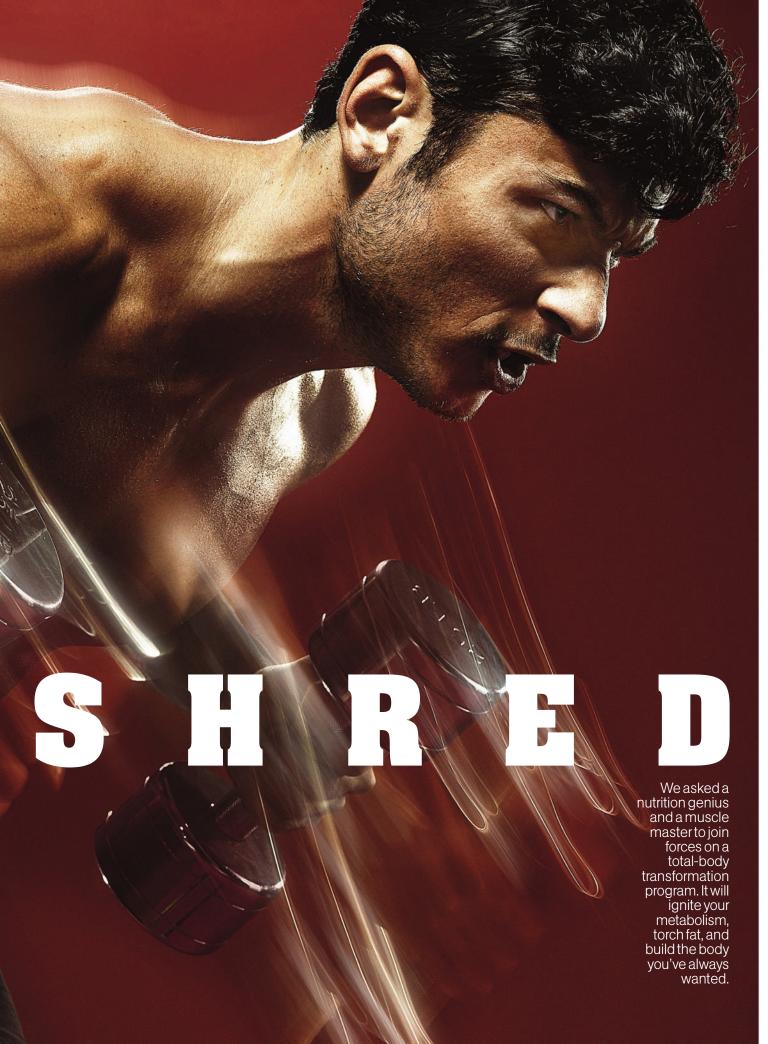
ST. LOUIS, MO

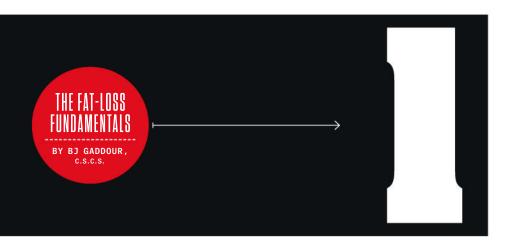
□ BIRMINGHAM, AL

For methodology and full rankings, go to Mens
Health com/metrogrades









I've been training clients and working on my own body for the past 15 years. I once was a pudgy 275 pounds and wore 44-inch pants. Today I'm a ripped 225 and slip into 32-inch jeans. I tried every fat-loss method imaginable, from highly researched fitness advice to underground bodybuilding methods. I've helped men with zero training lose triple-digit fat, and seasoned lifters drop that last stubborn 10 pounds. The 21-Day MetaShred—a workout DVD I created—represents the culmination of every hard truth I've learned on the front lines of fat loss. It combines cutting-edge science with tried-and-true training advice to attack your flab with no mercy. ■ I'm going to share five of the program's most potent techniques here. You can simply fold them into any of your typical workouts, or you can apply the principles to this issue's Best New Workout, "MetaShred Your Body," a pullout plan in this article.

# **► TECHNIQUE 1 TABATA TORCHERS**

Why It Works Tabatas-brief, high-intensity interval workouts named after Japanese researcher Izumi Tabata-can burn about 14 calories a minute, say scientists at the University of Wisconsin. But instead of doing them with just one exercise, choose two-an upper-body exercise and a lowerbody move-and alternate between them. That way you can keep the intensity high throughout the session and push for longer than just 4 minutes. How to Do It Pick an upper-body move and a lower-body move and set a timer for 4 minutes. Do the upper-body exercise for 20 seconds; rest 10 seconds. Then do the lower-body exercise for 20 seconds, again resting 10 seconds. Continue following this pattern until your time's up. Afterward, choose different exercises and repeat.

# **▶ TECHNIQUE 2 METABOLIC BURNOUTS**

Why It Works Taking longer rests earlier in a workout lets you warm up with an intense first circuit, helping you reach your "oxygen threshold." Then, for each subsequent circuit, you have to work even harder, with less rest, progressively digging yourself deeper into "oxygen debt." So your metabolism will still be cranking to replace your oxygen stores long after you've hit the showers-up to 39 hours later. The bigger your debt, the more calories your body burns during and after your session. How to Do It In any timed circuit, decrease your rest each round. For your first round, you might start with 30 seconds of work and 30 seconds of rest. But each round thereafter, you'll take 5 seconds off your rest until eventually you have no rest between your 30-second bouts of work.



The 21-Day MetaShred: Burn Fat Fast!

Looking to overhaul your fitness routine in a radical new way? The 21-Day MetaShred program is more than just a nine-DVD workout plan; it's a revolutionary fitness system scientifically designed to make every minute of your training session more effective. Unlike traditional fitness programs, which can quickly become familiar and boring, this plan won't have you repeat a single workout. Each one is a totally new caloriekilling, muscle-building experience.

## START METASHRED TODAY!

Here's how performing just three halfhour MetaShred workouts a week will immediately reshape your body.

# 10 MPF

You'll torch as many calories as you would running this fast on a treadmill for the same amount of time, say scientists at the University of Southern Maine.

# 30 MIN

You'll complete as many repetitions in this amount of time as most men do in 60 minutes, according to research from California State University.



You'll burn this many extra calories the day after you exercise, suggests new research from LSU. (So you'll lose fat faster—even while watching TV!)





# ► TECHNIQUE 3 VARIABLE-TEMPO TRAINING

Why It Works If you change up the speed of your repetitions, you'll tap into a totally new muscle-building stimulus. (Let's face it, you've probably lifted at just one speed your entire training career.) Taking longer to lift and lower the weight—or simply pausing at certain points during the lift—is a time-tested, old-school bodybuilding secret that works different fibers, increases the time your muscles spend under load, and can help you pack on mounds of lean muscle.

**How to Do It** Start by taking 3 seconds to lower the weight or 3 seconds to raise it. Or hold the midpoint for 3 seconds. Then get creative! Once you feel comfortable, you can mix in different tempos. For example, take 5 seconds to lift, pause 3 seconds at the top, and take 4 seconds to lower.

# ► TECHNIQUE 4 FIVE-MINUTE SHRED SETS

Why It Works In a typical 3-sets-of-10 workout, your muscles spend only about 90 seconds under load. That's why simply doing as many reps as possible in a given time is so powerful—you end up doing far more than your standard 30 or so reps. Which means your muscles spend significantly more time actually working, triggering renewed fat loss and muscle gains.

How to Do It Select an exercise, and grab a weight that you think you can lift about 20 times in a set. Now do as many reps as you can in 5 minutes. You probably won't be able to work through the full 5 minutes at first. But try to increase your total reps over time. Pro tip: In the beginning, aim to crank out a specific number of reps (for example, 12) every minute, on the minute.

## **► TECHNIQUE 5 SIX-PACK SUPERSETS**

Why It Works This six-pack hack wakes up your key muscle groups, creating a mind-muscle connection that should help you "feel" and better activate your abs and glutes in every exercise of your workout. So each exercise you perform thereafter—whether it's a squat or a bench press—will work your abs and glutes even harder. As a result, you'll be better able to recruit and build more muscle and incinerate more calories.

How to Do It Before you perform a total-body move—such as a squat, deadlift, or bench press—do 30 seconds of a core or glute exercise. Rest 15 seconds; then go directly into your big-lift set. For example, prior to your next bench set, do hip thrusts. Preengaging your glutes will help you "drive" the bar off of your chest with more force.



Suffering through a diet is pointless.
My weight-loss plan employs the latest science to control calories—and your hunger. It's a two-phase program that uses the five keep-it-simple rules below. The trick? Eat until you're satisfied, not stuffed. That means following my "eat and eat again" rule: Eat as much as you want—if you think you could eat that much again two orthree hours later. Ready? Let's do this.

• RULE 1

# EAT PROTEIN AT 3 MEALS



That's right: three squares a day. Plan on breakfast, lunch, and dinner, and make a fist-sized

chunk of protein front and center. It's more satiating than carbohydrates or fat and triggers a metabolic cascade that leads to improved blood sugar control. Eating protein also stimulates muscle growth and is crucial to burning fat and becoming lean. And because protein helps your body rebuild between workouts, you can train harder in your next workout. Spreading out your protein intake gives you a 25 percent advantage in muscle building over the average guy, who tends toward low-protein breakfasts and lunches and a protein-rich dinner.

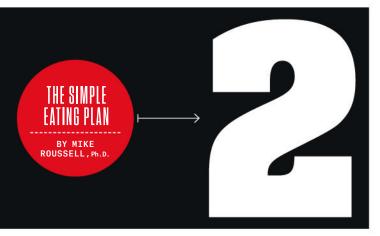
• RULE 2

# <u>GO GREEN AT</u> EVERY CHANCE



The key to uncovering your abs?
Pounding vegetables! The verdict is clear: Vegetables

crowd out the unhealthy carbs and other high-calorie options, and they're packed with nutrients. So fill your grocery cart. If you're not cruising the produce section of the supermarket, you're in dangerous territory-the vast middle of the store, with its stacks of processed foods that will give you a vast middle. Green vegetables like spinach, broccoli, and asparagus are your full-belly all-stars, and they mesh well with role players like tomatoes, carrots, mushrooms, and squash. Throw down a piece or two of fruit a day too. You deserve a sweet (healthy) treat.



Meat and Other
Powerful
Protein Picks

- Lean red meat
- Pork
- Poultry
- Wild game
- Fish
- Shellfish
- Plain Greek yogurt
- Cottage cheese
- Protein powder
- Eggs

The Good Carbs: Vegetables to Stock Up On

- Squash
- Broccoli
- Legumes
- Carrots
- Mushrooms
- Leafy greens
- Brussels sprouts
- Celery
- Peppers
- Tomatoes



# **Men's Health**

Tear here and get ripped!





# **DESIGNED BY**BJ Gaddour, c.s.c.s.

BEST FOR

Building lean muscle, burning stubborn body fat, and improving fitness across the board.

# EQUIPMENT

Dumbbells; bench or box



# THE 21-DAY

If you like this workout, you'll love our new nine-DVD total-body transformation plan. It's designed to torch calories, unleash a flood of fat-burning hormones, and ignite your metabolism. In 21 days you'll never do the same workout twice: You'll learn new moves and flatten your belly as you strengthen your whole body. \$90, 21daymetashred.

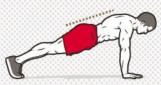
# MetaShred Your Body

The 8 exercises on this pullout hit every muscle. Flip it over to find the fat-blasting combinations that work best for you.

# 1/ Dead-Stop Pushup

Assume a pushup position with your feet together, your body straight, and your hands below but slightly wider than your shoulders. Lower your body all the way to the floor. Lift your hands, pause, and then place them back on the floor and push up explosively.









# 2/ Goblet Squat

Hold a dumbbell in front of your chest, cupping the top end with both hands. Push your hips back and bend your knees, performing a squat. Pause; then push back up.





# 3/ Bear Crawl

Assume a pushup position and then walk your feet forward until your hips and knees are both bent 90 degrees. This is the starting position. Now keep your arms straight as you "step" your left hand and right foot forward a few inches. Repeat with your right hand and left foot. Keep crawling forward.





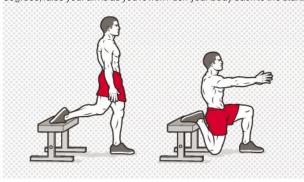
# 4/ Hip Thrust

Place your upper back against a box or bench with your knees bent and feet flat on the floor. Then squeeze your glutes and raise your hips until they're in line with your body. Return to the starting position and repeat.





Stand with your back to a bench or box. Place the top of your right foot on the bench. This is the starting position. Keeping your torso upright, bend your left knee and lower your body until your left leg is bent at least 90 degrees; raise your arms as you lower. Push your body back to the start.



# 6/ Skater Hop

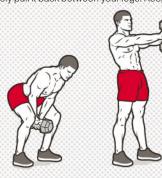
Stand on your right foot with your right knee slightly bent and your left foot just off the floor. Lower your body and then bound to your left by jumping off your right leg. Land on your left foot and cross your right foot behind you. Now reverse the move and continue hopping side to side.





# 7/ Dumbbell Swing

Hold a dumbbell handle with both hands. Bend at the waist, push your hips back, and lower your torso, swinging the dumbbell between your legs. Thrust your hips forward and swing the weight to shoulder height; then immediately pull it back between your legs. Keep swinging.



# 8/ Dumbbell Row

Holding a pair of dumbbells, bend at your hips and knees and lower your torso until it's almost parallel to the floor and the dumbbells are hanging in front of you. Bend your elbows and pull the weights to the sides of your torso. Pause, and then slowly lower them.





# CHOOSE YOUR METASHREDDING WEAPON

These insanely effective combos employ the exercises shown on this pullout. They're a proven way to help you torch more fat and build mounds of muscle in less time.

<b>©</b>	6	0	#	<b>99</b>
TABATA TORCHERS	METABOLIC BURNOUTS	VARIABLE-TEMPO TRAINING	5-MINUTE SHRED SETS	SIX-PACK SUPERSETS
Select a pair below. Do the first move for 20 seconds and rest 10 seconds. Now do the second move for 20 seconds and rest 10. Repeat the pattern for 4 minutes. Pick another pair and repeat; do as many as you want.	Do each exercise below in order for 30 seconds, resting 30 seconds between moves. That's Round 1. For each ensuing round, take 5 seconds off your rest; keep going until you're not resting at all (Round 7).	Pick three exercises. Perform them as a circuit with 60 seconds of work and 60 seconds of rest. Complete 5 circuits. Each circuit, take 3 seconds to lower or raise the weight or hold the midpoint of the move.	Pick an exercise below and do as many reps as you can in 5 minutes. (For weighted moves, use a weight you can lift about 20 times in a regular set.) Then pick another exer- cise and repeat; do as many moves as you like.	Do the first exercise in the pair for 30 seconds; rest 15 seconds. Do the second exercise for a minute; rest 15 seconds. That's Round 1. Complete 4 rounds and then do the remaining pairs the same way.
Exercises 1+2; 1+7; 8+6; 5 (alternate legs)	4, 1, 2, 8, 6, 7	1, 2, 4, 5, 8	1, 2, 3, 5, 7	1+2;3+2;4+7; 6+7

• RULE 3

# HAVE A POST-GYM SHAKE



Sure, exercise burns calories and builds muscle, but it also affects the way you process nutrients.

Your goal is to spike protein synthesis (a.k.a. muscle building) throughout the day. Consuming 20 to 30 grams of whey protein (I like IsoFusion from Gaspari Nutrition) after you train enhances this process. It'll flood your system with accessible, fast-digesting amino acids and also put the brakes on muscle breakdown—so you'll make gains faster.

• RULE 4

# EAT STARCHES TO REFUEL



Exercise turns your muscles into carbohydrate sponges.
The postworkout window is the only

time you can direct carbohydrates toward your muscles (instead of, say, fat cells). This window starts to close after 60 minutes, but eating a carb-rich meal within two hours of your workout is good enough. So you can have rice, bread, and pasta (in moderation) about three days a week. Note: This applies only to Phase 1 (the first 30 days). Read about the Phase 2 changes in "How to Use This Plan," right.

# Postworkout Starches and Grains

- Whole-grain pasta
- Sprouted-grain bread
- Sweet potatoes
- White potatoes
- Brown rice
- Kamut
- Wheat berries
- Quinoa
- Corn tortillas
- Oats

• RULE 5

# SNACK ON FAT AND PROTEIN



Don't be like the average American, who tends to snack on sodium-laden refined carbs. In this

plan, a protein-and-fat-combo snack acts as a nutritional bridge between two meals separated by five hours or longer (usually lunch and dinner). This way your body is forced to draw on stored fat for energy, which is good, and you'll fight hunger while keeping your blood sugar within the ideal range. Speaking of fat, you should include a variety of sources in your diet (oils such as olive, peanut, and canola; nuts like almonds, pecans, walnuts, pistachios, and cashews: and dairy such as Greek yogurt or butter). That fat will keep you from caving in to hunger; add fiber for an assist. Warning: Measure your oil when cooking. For meals with starch, use 1 teaspoon of oil; for nonstarch meals, use 1 to 11/2 tablespoons (less if you're adding nuts or cheese to the meal)

# HOW TO USE THIS PLAN

For Phase 1, the first 30 days, simply follow the five rules. For Phase 2, the next 30, make two changes: First, cut out those post-training starches; all your carbs will come from fruits and vegetables. Second, don't snack on workout days, but you can still have your postworkout shake. I've found that this pushes most people over a stubborn plateau and prevents the body from panicking at the loss of calories.



Snacks That Combine Protein, Fat, and Fiber

- Plain Greek yogurt and flaxseed meal
- Cheese sticks and a small apple
- Smoked salmon and almonds
- Celery and cashews
- A handful of any type
- Cottage cheese and baby carrots
- Low-carb protein bar



# **6 Foods That Boost Your Metabolism**

Transformation starts in your refrigerator. Stock yours with these better-body staples.

- 1/ Rotisserie Chicken You already love it, right? Go ahead: It's ready-to-eat, high-quality protein. Pair it with a vegetable if you're ever in a pinch for a meal.
- **2/ Precut Vegetables** Supermarkets these days make preparation a snap. From diced peppers and onions to shredded brussels sprouts, you can find any vegetable ready to toss into a roasting pan or skillet.
- **3/ Precooked Sausage** New flavors! Lean protein!
  Just heat and eat: It doesn't get any easier. Try Al
  Fresco or Trader Joe's brand.
- 4/ Plain Greek Yogurt or Kefir It's time to give these immigrants a home in your fridge. Plain Greek yogurt offers twice the protein of traditional yogurt and about the same number of carbs, making it a great snack or starting point for breakfast. Kefir is a fermented milk product that falls between cream and yogurt. The plain version contains almost a 1:1 ratio of protein to carbohydrates and has enough probiotics to keep your digestive tract happy.
- 5/ Smoked Salmon Okay, you weren't expecting this. That's part of what makes it great. It's ready to eat, carb-free, and full of satiating protein and fat. Having smoked salmon in the middle of the day will quickly change your concept of "diet food" snacks.
- **6/ Cheese Sticks** Portable protein, properly portioned. Whether they're string cheese (mozzarella), Colby, or Swiss, these should always be in your fridge. Pair them with a small piece of fruit for a snack, or chop 'em up and toss them on a salad with some rotisserie chicken to round out a fat-burning meal.

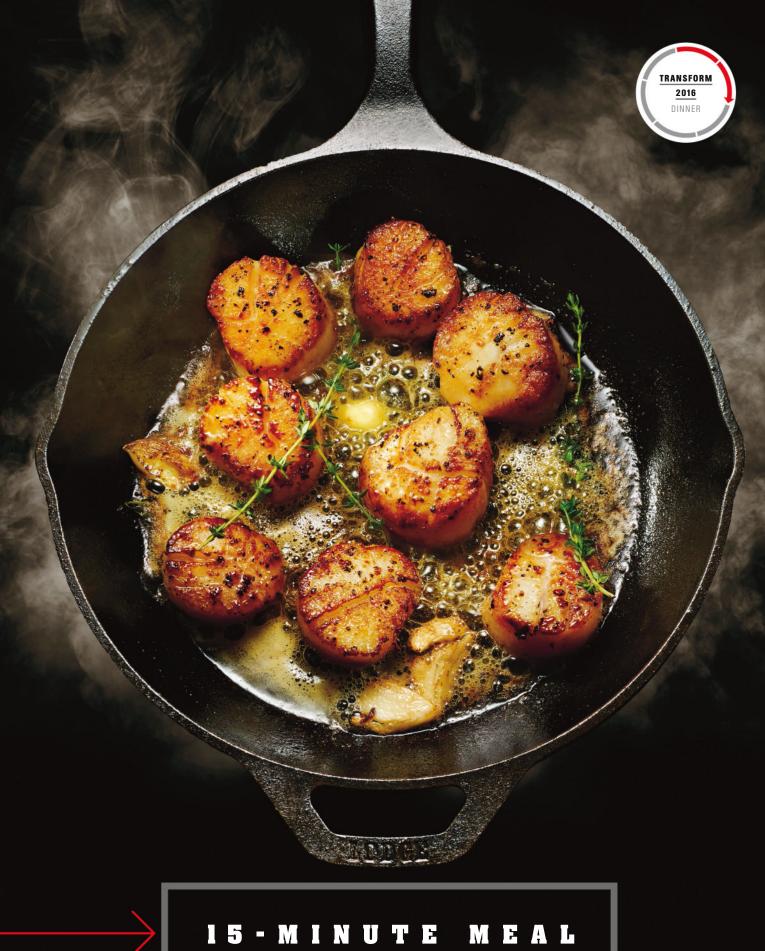
The MH Fast Foodie<sup>™</sup>

By Paul Kita

Photographs by Sam Kaplan

MEN'S HEALTH / JAN/FEB 2016









# THE 4 TECHNIQUES YOU MUST KNOW



# The High-Heat Sear

Cast iron can reach a surface heat similar to that of your grill. That firepower gives protein a tasty crust and a juicy bite.



SEARED SEA SCALLOPS



1/Preheat your castiron skillet on medium high. Use paper towels to pat dry 8 sea scallops (the big ones). Add a glug of canola oil to the skillet. When you see the oil shimmering, season the scallops with salt and pepper.



2/ Add the scallops to the pan and watch for a golden-brown crust to form on their undersides, about 2 minutes. Flip them with a spatula; throw in a knob of unsalted butter, a smushed garlic clove, and a sprig of thyme.

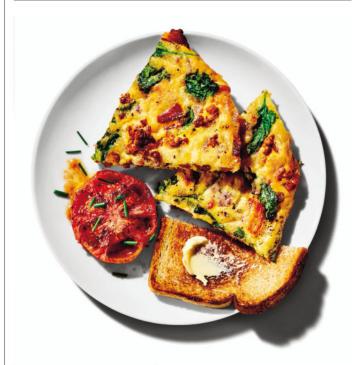


3/Cook the scallops, spooning the melted butter over them, until the undersides are well seared, another 2 minutes. Then serve them straight out of the skillet atop seasoned brown rice or with a mixed-greens salad. Feeds 2



# The Sauté-and-Bake

Sizzle ingredients on the stovetop and then pop them in the oven. The dual heat will caramelize food while cooking it through.



THREE PIGS FRITTATA



1/Preheat the oven to 350°F. In your skillet over medium heat, melt a knob of butter. Add 2 chopped bacon strips, 1 sausage link (casing removed), and 2 slices of ham, chopped. Cook until the sausage is done, 5 minutes or so.



2/ Drain excess fat from the pan. Then add a big handful or two of baby spinach; stir until just wilted, 1 minute. Beat and add 6 large eggs. Cook until the eggs' edges have set, 3 or 4 minutes, and transfer the skillet to the oven.



3/Bake everything until you can shake the skillet and the eggs don't jiggle, 8 to 10 minutes. Using a kitchen towel, carefully remove the frittata from the oven. Let it cool a bit, transfer to a cutting board, slice, and serve. Feeds 4

327 CALORIES, 20g PROTEIN, 16g CARBS (1g FIBER), 21g FAT

• 377 CALORIES, 30g PROTEIN, 2g CARBS (Og FIBER), 27g FAT

# The Steam-and-Crisp

Steamed foods usually have as much flavor as a paper plate. Leverage this one-two combo to heighten the tastes and textures.



# O POT STICKER STIR-FRY



1/Pour a mug of chicken stock and a sploosh of canola oil into a skillet on medium-high heat. Toss in a large handful of broccoli florets, 2 heads of baby bok choy (halved), and 4 or 5 frozen pot stickers.



2/Put a lid on the skillet and cook until the broccoli is just tender, 2 to 3 minutes. Remove the lid and keep cooking until the liquid has evaporated and the ingredients begin to crisp slightly, another 5 minutes or so.



3/When the pot stickers brown, add a big spoonful of hoisin sauce and the juice of half an orange. Stir, season with salt and pepper, and top with cilantro, sliced scallions, and Thai chile peppers. Feeds 2



# The Smart Oven Broil

Your broiler delivers super-intense heat that chars, melts, and crisps. Use all three power methods to fire up this pie.



# O PROSCIUTTO-SAGE PIZZA



1/Fire up the broiler to high. Grab a baseball-size hunk of room-temp pizza dough and stretch it on a lightly floured surface until it's slightly smaller than your castiron skillet. Preheat the skillet in your oven for about 5 minutes.



2/Using a towel, carefully remove the skillet. Add the dough; brush with olive oil and broil, till browned, 2 minutes. Remove the skillet, flip the dough, and top with tomato sauce, smoked mozzarella circles, and a few prosciutto slices.



3/ Bake until the crust is puffed and bubbly, the cheese is melted, and the prosciutto is slightly crisped, 1 to 2 minutes. Remove from the oven; top with hand-torn sage, a drizzle of olive oil, and freshly ground black pepper. Feeds 2

• 433 CALORIES, 10g PROTEIN, 28g CARBS (4g FIBER), 33g FAT

• 420 CALORIES, 20g PROTEIN, 51g CARBS (2g FIBER), 16g FAT

# <u>THE 5 KEY FLAVORS</u> THAT BUST BOREDOM

You have the skills—so ratchet up the taste. Try seared chicken (or fish or pork or beef) with one of these rubs or toppings. Now you're really cooking.



# BASIC CHICKEN BREAST

Preheat the oven to 350°F. In your skillet on medium-high heat, sear an oiled, seasoned chicken breast on both sides, 2 to 3 minutes per side. Transfer the skillet to the oven; cook till done, 5 to 7 minutes. Allow the chicken to rest 5 minutes.





In a bowl, mix 2 Tbsp chili powder; 1 Tbsp each of ground cayenne, smoked paprika, ground cumin, and oregano; and 1 tsp each of garlic powder, salt, and pepper. Rub it into the meat before cooking.

# Mediterranean

In a bowl, mix some crumbled feta, halved cherry tomatoes, sliced red onion, some fresh or dried oregano, and a few pitted kalamata olives. Dump on cooked, sliced chicken and hit with olive oil and balsamic.



In an oiled skillet over medium, add 1 minced garlic clove and 1/2 white onion, chopped. Sauté 3 min. Add: 1 chopped tomato, 1 Tbsp ground coriander, 1 Tbsp garam masala, 1 tsp turmeric. Cook till saucy. Season.





WHY LEARNING TO COOK **CAN'T WAIT ANOTHER YEAR** YOUR HEALTH AND YOUR FAMILY MEMBERS' LIVES ARE AT STAKE.

## by John Donohue

oon after the birth of my first child 10 years ago, I broke the spine on Mark Bittman's How to Cook Everything. I haven't looked back. Cook-

ing gave me purpose, which was something I craved during those sleepless nights. That need to put food on the table for people I love still compels me to roast chicken, whip up puttanesca, or bake pizza.

Yes, there's tedium in writing shopping lists and hefting bags, but if I keep a stocked pantry, I can make meals on the fly. Fast and flavorful very often go together.

And there are other benefits. I'm just 10 pounds over my high school weight. My wife has her prepregnancy figure back. My kids don't eat pesticide-laden food, because I buy organic.

You can change your life by stepping up to the stove. You can invest in your family's future as well. –Donohue is the author of the cookbook Man with a Pan.



Need a kitchen spotter? Visit RodaleU.com/ cookingstreak to take our new class. And follow @MHFastFoodie on Twitter and Instagram, where we'll be on a #CookingStreak, preparing at least one meal a day all through January. Join. Cook. Eat well. Lose weight. Feel great. Conquer 2016 with a skillet!



# HOW JOHN GOT JACKED

Ultimate nice guy John Krasinski had just 16 weeks to transform himself into an ass-kicking Navy SEAL for 13 Hours. Here's how he did it, and how you can too—no guns required.

By Lou Schuler

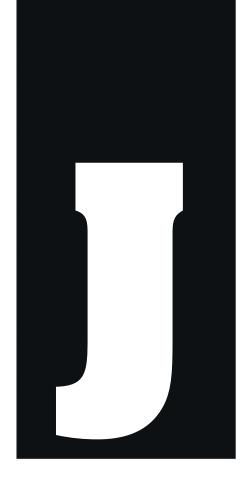
Photographs by Chris Floyd

MEN'S HEALTH JAN/FEB 2016

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John Krasinski knows exactly when his youth ended. It was January 1, 2015, and he was celebrating the New Year with his wife and some friends in Cabo San Lucas, on the tip of Mexico's Baja peninsula. There was a create-your-own quesadilla thing, and this guy just kept making us quesadillas, he recalls. They were only about 4 inches in diameter. But that doesn't change the fact that he ate 50 of them. It's some thing his iconic character, Jim from *The Office*, would have done without blinking. But Krasinski has since moved on from Scranton.

## THE REASON HE ATE THEM IS THE INTERESTING PART. JUST

before he left to go on vacation, he found out he'd been cast to play a Navy SEAL in 13 Hours: The Secret Soldiers of Benghazi. And starting January 2, he would have just 16 weeks to prepare for it. "I thought, 'This is it. This is my last night of freedom.' So I went for it. I thought, 'Oh, it'll all turn into muscle.' That's where I didn't really understand the science."

He can laugh about it now as we sit in the dining room of New York City's Carlyle Hotel. There's no evidence Krasinski was ever 50-quesadillas-in-one-sitting fat, and 13 Hours, when it hits theaters January 15, will provide irrefutable proof that he's as jacked as you expect an action star to be. But when he first showed up at the gym to begin his new action-hero career, it wasn't funny at all. The first words out of trainer Jason Walsh's mouth were "Oh my God, what did you do?" Krasinski recalls. "I thought, 'That's a real bad way to start out.'" Fortunately, the actor had an advantage—one you very well may share.



## KRASINSKI HAD ALWAYS BEEN AN

athletic guy, playing basketball and running cross-country at Newton South High School, in the Boston suburbs. He even thought he might play hoops at Brown University, where his brother Paul was the team's captain and MVP. But the moment he opened the door of the Bears' gym and saw

what the team was doing in practice, he knew it wasn't going to happen. "I remember thinking they were too big and too good," he says. "I'm a realist. I could see it right away."

A few years later, it was also the realist who was sure *The Office* would be canceled after its first six episodes aired in 2005. Krasinski was afraid that even after this major role—his first—he'd have to find yet another job waiting tables. But this time reality didn't bite. *The Office* ran for another eight years,

and between seasons Krasinski worked steadily in movies as an actor, writer, and director. He even appeared on the cover of *Men's Health* in 2007, when he described himself as "not necessarily the most worked-out guy in the world."

That began to change in 2011, when he and his wife, actress Emily Blunt, joined Rise Movement, Walsh's gym in West Hollywood. Krasinski was in his early 30s, and his days of staying in shape with a casual mix of pushups, running, and pickup basketball were drawing to a close. "I didn't know what I wanted until Jason told me what it was," Krasinski says. "I had shoulder and back pain, and I couldn't do one pullup. His whole thing was, we won't touch a weight until you work out these pains."

Once he could move without discomfort, they worked on getting stronger, with the promise that a solid foundation would give him the ability to transform his body rapidly if any role required it. The first test came in 2013, when he was cast as a strong but comically silent Air Force pilot in Aloha. He had three weeks to bulk up before heading to Hawaii. Bradley Cooper, the star of the movie, was so impressed that he sought out Walsh to guide his epic weight gain for the role of Chris Kyle in American Sniper, which earned him an Oscar nomination.

A year later, Krasinski was also cast as a warrior—a Navy SEAL like Kyle. But that's where the similarities ended. While Cooper needed to add 40 pounds to a lean frame through a combination of heavy lifting and scarfing down 5,000-plus calories a day, Krasinski had to strip layers of fat while also adding significant muscle, all in just four months. That base of strength, built on pain-free movement, is what made it work.

The movie is based on the book 13 Hours: The Inside Account of What Really Happened in Benghazi, written by Mitchell Zuckoff, a journalism professor at Boston University, along with five survivors of the battle. The five had been hired to protect diplomats and spies in some of the world's most dangerous outposts. One of them, the man he calls Jack Silva, chose not to be publicly identified. That's who Krasinski portrays in the movie.

# RAPID FIRE

# KARAOKE SONG

"All Night Long," Lionel Richie

# **WORKOUT ANTHEM**

"What More Can I Say," Jay Z

# **FAVORITE EXERCISE**

"Bench press.
There's that number
you can keep
pushing. It's almost
a game instead
of a workout."

# LEAST FAVORITE EXERCISE

"The Bulgarian split squat. That's the worst."

# LIFE-CHANGING BOOK

To Kill a Mockingbird by Harper Lee

# PERSONAL MOTTO

"I should probably get one."

# PARTY DRINK

"Tito's vodka. When you ask for Tito's and soda, all the wine drinkers at the table say, 'Oh, you're going for a different kind of night.'"



Zuckoff describes Silva as lean and muscular, especially through his upper body. (In one memorable passage, Silva laments all the times he skipped leg work.) Krasinski is similar to Silva in height (6'3") and age (36). The problem was the "lean and muscular" part. Walsh measured Krasinski's post-Cabo body fat at 26 percent, four to five times the amount of body fat that could be tolerated for a shirtless scene—at least in a drama.

"Priority one was building his foundational strength back up again," Walsh says. They accomplished this the usual way, with heavy squats, presses, rack pulls, and rows. But two equally important goals also had to be met. One was to build what Walsh describes as "superdense muscle," which would emerge once the fat melted away. For that he used high-frequency training, having Krasinski do the same three exercises at the start of almost every workout. (See "Add 25 Lb of Muscle," right.) The final part of the action-hero trifecta was to burn off so much fat that each muscle striation would be prominent enough to have its own social media profile.

For any of us, that might take a year's worth of training. To pull it off in four months, Krasinski worked out five days a week, starting with 90 minutes in the morning and another 60 minutes in the afternoon, then tapering off as he got closer to photo-ready shape. "I gotta be honest: It was brutal at times," Krasinski says. "We did tons of metabolic work, dragging sleds and all this stuff I've seen NFL players do." But to his surprise, he came to enjoy the heavy lifting. "Getting stronger every day is thrilling," he says. "To be able to do 20 pullups…"

Whoa. I stopped him midsentence. Twenty pullups?

He says it's true, and "it's pretty great." It's also amazing, considering he's built like a basketball player, with long arms and legs. Even his famously expressive face, which on *The Office* delivered that "Can you believe this shit?" look to the camera, seems longer than average. But despite the greaterrange-of-motion handicap, he managed to increase his pullups from zero to 20. (See "Do 20 Pullups," below, to raise your bar.)

Countering that disadvantage is a quirk of physiology that helped him train harder than he or his trainer had expected. "He did workouts that would bury a lot of people for days with soreness," Walsh says. Krasinski confirms that he never experienced delayed-onset pain or became a member of Team Ibuprofen. "I think I have some weird recovery thing, which allowed me to do more, and I think Jason pushed it all the way."

The moment of truth came on the movie set, when it was time to see the result of all that hard work.



# **DIRECTOR MICHAEL BAY SHOT THE**

shirtless scene in April, during the first week of filming in Malta. By then Walsh had strategically curtailed carbohydrates in Krasinski's diet for several weeks. Then, the night before, they cut fluids so he was slightly dehydrated. The final trick, borrowed from the bodybuild-

ing playbook, was to have him eat some sorbet shortly before shooting. "The sugar makes the muscles swell up," Walsh says. "You get a super pump and the blood vessels dilate, and it looks like you've shrink-wrapped the muscles." He estimates that his client was down to 5 percent body fat by then.

The goal, Krasinski says, was "to look like the guys you'd want to have saving you if you were in trouble." Acting like those guys was an entirely different challenge. CONTINUED ON P. 123



# • MASTER A CLASSIC EXERCISE

# DO 20 PULLUPS

John Krasinski worked his way up to 20 pullups while training to play a Navy SEAL in 13 Hours. Here's trainer Jason Walsh's 4-level plan to help you go from zero to hero.



# 1/ Isometric Holds

Jump to the top position (chin over the bar), tuck your knees into your torso, and hold 10 seconds, building up to 30 seconds. Lower yourself, let go, and rest. Repeat with your elbows bent 90 degrees. Finally, hold with your elbows bent 135 degrees. When you can do each hold for 15 seconds without rest, move to Level 2.





# ADD 25 LB OF MUSCLE

To get himself into shirtless shape, Krasinski did three dumbbell lifts three days a week: seated shoulder press, row, and bench press. Follow those with 1 totalbody lift, like deadlifts on day 1, barbell bench on day 2, and squats on day 3. Finish with core and metabolic work.

# WEEK 1

Do 3 sets of 12 reps of each exercise.

# WEEK 2

Do 4 sets of 12, using a slightly heavier weight.

## NEEK 3

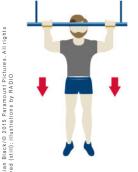
Do 4 sets of 8, with an even heavier weight.

## WEEK 4

Do 5 sets of 6, with an even heavier weight.

# NOTE

If you're dealing with any ongoing shoulder issues, this program is not for you.



## 2/ Negatives

Start in the top position again, but this time keep your legs straight. Then lower yourself as slowly as you can—ideally 3 to 5 seconds. Do this up to 5 times. Walsh warns that unless you're immune to postworkout soreness, you will definitely feel it after these! When you're able to do 5 seconds 5 times, move on to Level 3.



# 3/ Band-Assisted

Secure a band to the middle of the bar and then loop it underneath your foot or knee. This gives you a spring from the bottom and a full range of motion. It typically adds about 2 pullups to the total number you can perform per set. Do 2 to 4 sets of as many reps as you can. After four to six workouts, progress to Level 4.



## 4/ Standard

As often as you can, do 2 to 4 sets of as many pullups as you can. Walsh's supersecret method to accelerate your progress and hit a higher max? Lose some weight. "The combination of increasing strength and decreasing weight makes doing pullups much more enjoyable and beneficial," he says.

By Brian Boyé, Dan Michel, and Sandra Nygaard Photographs by Yasu + Junko

MEN'S HEALTH / JAN/FEB 2016

Р. 100

Your closet is a wasteland. Clear out the worn and weary rags hanging there, and ring in a new look—and outlook—for the days ahead.







# **TOSS THE RELICS**

Trust us: You'll feel much better after you've purged the nonstarters from your closet using our four-step strategy. Your mornings are about to become a lot more serene.



## 1/ Cut

Remove everythingevery shirt, shoe, and ualy sweater. All of it. Make piles by type: suits, T-shirts, jeans, and so on. "Donate or sell anything you're holding on to for sentimental reasons," says organizing pro Barbara Reich of Resource Consultants. Be brutal with what's left: If you haven't worn it in the past year, donate it. If it's stained or beyond repair, toss it. If it doesn't represent you nowyou've lost weight or landed a new job-give it away. Two of a kind or similar items? Keep the best and lose the rest



## 2/ Upgrade

Admire the vastness of your empty closet. Now envision how you might improve the space. If vou own tons of folded tees, for instance, consider a second shelf, or shelf dividers for sweaters and sweats. If you wear more suits than Jimmy Fallon, install a second rod to double the space. And your tangle of ties and belts calls for the Elfa Gliding Tie & Belt Rack (\$30, containerstore.com). It slides in and out for easy access. If your closet doesn't have a light, install one-no more predawn mismatch mishans



## 3/ Prioritize

Stash the stuff you'll wear the least oftenlike ski jackets and hiking boots-in the back of your closet or elsewhere in your home, Reich says. Keep like things together. Now create clearly defined sections for suits, dress shirts, and polos. Then organize from light to dark. "You'll find what you need so much faster," she says. Stack sweaters on shelves or in drawers-less wrinkling in less space. And buy good hangers; flimsy metal ones will pucker the shoulders on your suits and sport coats, Reich says.



## 4/ Maintain

Commit to a simple hanger strategy: When you take a suit out of your closet, put the hanger back at the front end of the rod. It'll be easier to find and return to its place. Limit the number of hangers: "When you don't have any left, it's time to get rid of something." says Reich. (Clothing needs to hang freely; it'll wrinkle in a crowded closet.) Reich suggests labels ("tees," "sweaters") on shelves and in drawers-especially for couples who split the chore of putting away laundry. A bit much? Try it before you knock it.





STAY IN SEASON Stash what you won't wear out of the way-boxed

2 PLAY MATCHMAKER Separate types of apparel (pants, jackets) into sections.

on a high shelf.

3 DOUBLE DOWN Add a second hanging rod to expand your storage space.

CALL THE VALET
Let your jacket
air out on a
valet rod before
putting it away.

It Worked for Me



I BURNED ALL
MY SUITS
HOW ONE EXECUTIVE
FOUND BALANCE BETWEEN
BUSINESS AND COOL.

# by Jeff Levick

ntil four years ago, I
was AOL's president of
global advertising and
strategy. Translation:
I wore suits to work
every day. But when I moved to
Spotify, I suspected the environment would be more casual.

A month into the job, it was confirmed. At an event with Facebook, Mark Zuckerberg stood at the podium next to our cofounder and CEO, Daniel Ek, who wore jeans and a T-shirt that read "Suits Suck." Roger that, I thought. But my job still involved talking to the world's biggest artists, managers, and companies. If I showed up in a suit, I'd lose credibility with coworkers. But I'm a couple of decades past my hoodie days.

I had to figure out what looked professional for a 40-year-old guy at a fast-paced tech company. My first step was getting comfortable with not wearing a suit. I started by working jeans back into the rotation: dark, straight, nothing distressed. The next step was investing in sport coats because I still needed to look polished. Finally, I immersed myself in the sneaker culture-always favoring style over function at work. I'm probably still the most overdressed guy among my peers, but hey, they're always going to be cooler. They're Swedish.

In the end, my reinvention was less about what's right and wrong, and more about what makes me feel comfortable and confident. As long as you feel it, you'll project it. That's the right look for any guy.



# **ADD NEW** CLASSICS

These 9 smart investments will pay you dividends in many years of effortless style.

Under \$100

\$100-\$399

# 1/ Leather Jacket

A black bomber will never make you wince three years later. "It lends an understated edge without looking too tough," says stylist Ashley Weston. You want a trim fit and shoulder seams that align with the edge of your shoulders. Look for supple leather that has texture: "A thicker hide with a slight grain has character," she says.

# 999

# 2/ Dark Suit

A charcoal gray twobutton suit with a notch lapel requires little thought, flatters any body type, and is very versatile, says Weston, who has worked with Jon Hamm. It's a foundation that supports neutral shirts or pops of color for personality. "Tailor it and it'll look almost as nice as a \$2,000 version you might find at Armani."

# 8888

# 3/ White Dress Shirt

If you need only one, splurge. That will give you higher-quality cotton that's less prone to wrinkling as well as better constructed plackets, collars, and buttons. Go with a slimfit shirt and a semispread collar, and tails that end around your upper thigh. "It looks good on every guy regardless of his face shape," says Weston.

# 4/ Denim Shirt

Here's your wardrobe chameleon, says Justin Livingston, editor of the style blog Scout Sixteen. "It can appear casually cool under a blazer or radiate offduty confidence unbuttoned over a white tee." A medium or dark wash can be worn with a suit if the fit is right. And like jeans, denim shirts only look better with wear. CONTINUED ▶





# 5/ Dark Jeans

Good denim is your workhorse. Wear it repeatedly and nobody will care, and wear it to anything but weddings and funerals. Stitching shouldn't be ornate or contrast too much, says MH fashion director Sandra Nygaard. For fit: The slimmer the man, the sleeker the cut. And don't fear the word "stretch"; spandex makes traveling easy.

# 6/Crewneck

Throw this sweater on at the start of the World Series and keep it in your rotation until spring training. Black, heather gray, olive, and navy are versatile; go for breathable fabrics like wool and cashmere. Minimal heft means you can wear it more often-and look better, Livingston says. A fitted cut always makes you look leaner.

# 7/ Polo Shirt

You have a few of these-just maybe not the right ones. Start with pima cotton—the fine yarn lends an elegant edge, and it'll hold up for years. The bottom of the shirt should hug your torso, and some of your biceps should show. Navy and black will always be cool; white is too casual and, worse, isn't flattering to your pecs.

# 66

# 8/ Sport Coat

This is grab-and-go style. Your suits are likely solid, so go for something texturedless predictable, more memorable. Weston suggests a mediumweight navy jacket in tweed or herringboneit works with trousers or jeans. Pick a subtle pattern: "A lot of guys think stylish means making a statement, but subtlety is the real secret."



# 9/ Wool Trousers

Every lineup needs a utility player. One of the most versatile items of clothing you can own is a dark-gray pair of dress pants. Medium to heavyweight fabric lies better when you sit and falls nicely when you walk, Weston says. Trim men look great in a slim fit that tapers from knee to ankle. Big guy? Skip the taper and go with a straight leg.

99

- 1 TOMMY HILFIGER JACKET, \$495
- 2 FREEMANS SPORTING CLUB SUIT, \$1,200
- 3 VAN HEUSEN SHIRT, \$50
- 4 J.CREW SHIRT, \$138
- 5 GUSTIN
- JEANS, \$91
- 6 TOMMY HILFIGER SWEATER, \$130
- 7 SUNSPEL SHIRT, \$115
- 8 MICHAEL BASTIAN
- JACKET, \$1,695 BANANA REPUBLIC PANTS, \$170

# 3

# MASTER THE DETAILS

Nail these five small touches. Then step out with confidence.



## 1/ Hair

This year, let a pro polish you up. "Have a barber texturize your hair to reduce puffiness or create volume," suggests Colin McCarthy, a stylist at Bumble and Bumble. Wear it to work slicked back with a medium-shine pomade. Weekends, apply a low-hold grooming cream and push it to one side.



## 2/ Bag

Let's get practical. A briefcase is both too formal and too small. Shoe designer George Esquivel suggests a pebbled leather tote—it can fit all your work gear, plus umbrella, sunglasses, and gym clothes. Bonus: "The more you beat up a leather bag, the more it takes on personality."



# 3/Glasses

Consider owning at least two pairs. For a formal affair, classic black frames complement a tux. Just hanging out? Tortoiseshell. "They're timeless and go with everything," says Jenna McGill of the Vision Council. Party? Find a fun solid color. But make sure they fit right: They should sit on your nose, not your cheeks.

#### 4/ Watch

This is your jewelry, so choose your pair carefully: a dress watch to go with suits and tailored looks and a sport watch to wear with everything else, says MH executive fashion director Brian Boyé. The dress watch should be slim and not too flashy. The sport watch should have a stainless-steel bracelet, but buy an extra strap in a bold color to elevate an understated look.

# 5/ Shoes

If you told Esquivel he could wear only one pair of shoes the rest of his life, he'd select leather wingtips. "The broque detailing makes them stand out and look cool," the designer says. Find a pair in a quiet shade of gray or blue, and wear them with any color suit-or your favorite jeans. Go about 20 percent over your shoe budget for an investment you can wear the rest of your life.

NAUTICA SWEATER, \$228

RALEIGH DENIM WORKSHOP SHIRT, \$40

J.CREW PANTS, \$75

ESQUIVEL SHOES, \$975

MIANSAI NECKLACE, \$155 PERSOL GLASSES, \$287

TAG HEUER WATCH, \$5,050

URI MINKOFF BAG, \$375

AXE NATURAL LOOK SOFTENING CREAM, \$7

PHOTOGRAPH BY MEREDITH JENKS



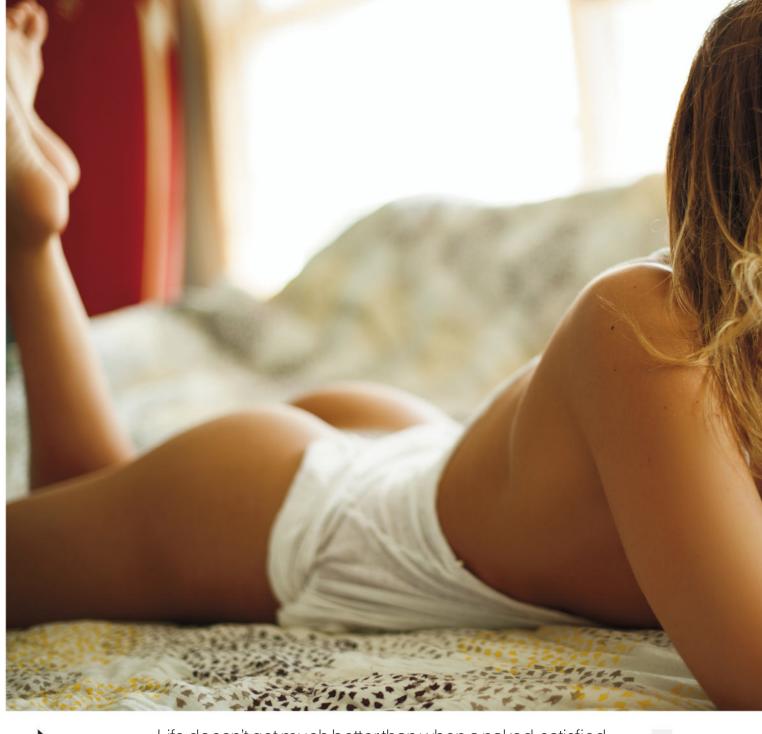




# SECRETS TO TRUE SATISFACTION

Bringing heat to the bedroom is as much about your words as your actions. Before you turn the lights down, consult the last crib sheet you'll ever need.







Life doesn't get much better than when a naked, satisfied woman is sleeping in your bed. "Men think sex was great if they had an orgasm and their partner seemed happy," says MH sex advisor Debby Herbenick, Ph.D. But women set the bar much higher. "For us, great sex means it felt good, it didn't hurt, you cared about our orgasm, and we felt a connection to you," she says. Big difference, right? So we asked our trusted sexperts for their favorite intimacy-boosting strategies. Start here for a night neither of you will ever forget.



#### HER TENDER TRAPS



SHE SAYS "You don't appreciate me enough." DO THIS Share your origin story. When a friend asks. "How'd vou meet?" be quick to jump in. "Hearing your mate reflect on what it was like to meet you can be very intimate," says James Cordova, Ph.D., a psychology professor at Clark University. So be honest and end on a high notesav. by describing the exact moment you knew you were hooked.



SHE ASKS "How does this dress look on me?" DOTHIS Yes, she's fishing for a compliment, says Paul Hokemeyer, Ph.D., a therapist based in New York City. 'Respond by elaborating on the truth." Tell her how great she looks, and then share it on Instagram and Facebook, Think to-the-point praise ("My girlfriend. She's superhot.") or selfdeprecating hashtags (#ImNotWorthy).

# **GIVE BORING THE FINGER**

The more sensation the better, of course. "A few of my bisexual women friends told me that they were shocked by how few straight men used their fingers when giving oral," says sociologist Jennifer Gunsaullus, Ph.D., a relationship and intimacy counselor in San Diego. Stroke the vulva, tease the entrance to her vagina, slip your fingers inside, and touch her G-spot, all while working on her clitoral area with your mouth.

# **Kiss Her Just Because**

If you kiss or cuddle her only as a precursor to sex, she'll see these displays as tools you're using to seduce her, explains Donald Strassberg, Ph.D., a professor of clinical psychology at the University of Utah. And she may be right. "For many women, and even many men, it's important that demonstrations of affection not be limited to foreplay," he adds. So linger on that goodbye kiss in the morning or that neck massage while she's driving. Bonus points for post-boink, pre-snoring affection—it gives you a unique opportunity to shore up your bond with her. In a Canadian study, partners who spent more time kissing, cuddling, and talking after a romp reported greater satisfaction in the sack and with their relationship overall.

Stream Porn She'll Actually Like
Redefine what you consider a chick flick:
Studios such as Dane Jones (billed as

5

"sensually explicit creative erotica") and Nubile Films ("capturing the essence of sensuality") are changing porn for the better with videos that emphasize intimate acts of foreplay and teasing, says Herbenick. And unlike old-school videos, they depict typical-looking women actually enjoying consensual, healthy sex with their partners. MakeLoveNotPorn is another great, couples-friendly resource.

## **Take It Out of Fifth Gear**

"I can't emphasize this point enough," says Gunsaullus. "Women take a much longer time than men do—up to 20 minutes—to generate enough bloodflow to their genitals and produce enough lubrication for sex to feel pleasurable." So if you're touching her clitoris in any way, busting out a new sex toy, stroking her G-spot, or inserting a finger anywhere before she's ready for it, you're just grinding her gears. "Women aren't able to experience the full potential of pleasure if you move too quickly—in fact, it could actually be painful," says Gunsaullus.

# Be a Clitoral Connoisseur

Most guys know the little nubbin above her vagina, but much more lies beneath the surface. "The clitoris is huge," says urogynecologist Rachel Pauls, M.D. It's 3 to 4 inches long and arcs like a wishbone underneath the lips. Spread the love: Gently rub around her clitoris and press lightly on her labia. You're doing it right if her skin swells and turns red. Then tease the nub. When you're ready to enter, aim for the front wall of her vagina where the top of her clitoris lies. (Some researchers believe the famed G-spot is actually the top of the hidden clitoris.) Doggy-style sex can help you reach it. If you prefer missionary, elevate her butt on a pillow-your pelvises will rub together to stimulate the gland gently from the outside as you tickle it inside.

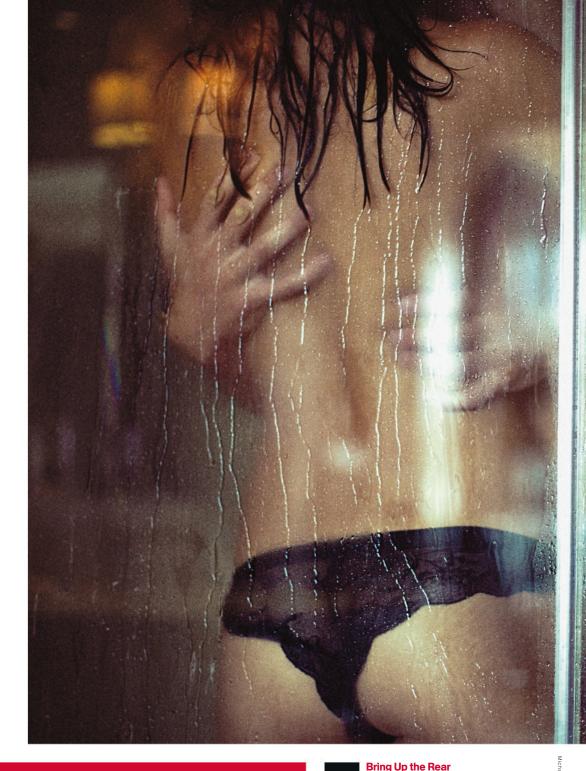
# • HER TENDER TRAPS



SHE SAYS "C'mon, lighten up a little.' DO THIS That's her way of saying you're being too polite. So tease her, but in a nonhostile way-especially when you're just dating. For instance, inject playful innuendo ("Can you stop checking out my ass? I'm not a piece of meat!"). That's called affiliative, or bonding, humor, the kind linked to romantic happiness, says clinical psychologist Sara Caird, Ph.D.



SHE SAYS "I'm so tired of arguing all the time." DO THIS Talk it out immediately. But when you start feeling flooded, say you need a break-even if that means sleeping on it and reengaging in the morning, says Cordova. "You have to negotiate the things about each other that you find challenging. That way you'll both feel comfortable being totally authentic, allowing your relationship to evolve."



# **ADD 10 MINUTES TO THE ACT** Lasting longer sounds like a

Lasting longer sounds like a promise you'd find in your spam folder, but one product actually works, says Laura Berman, Ph.D., the author of *Real Sex for Real Women*. Promescent is a topical medication (\$20, promescent. com) that desensitizes the nerves, helping prevent premature ejaculation. Apply it to your penis 10 minutes before sex.

More women than ever are saying that they've enjoyed anal sex, says Berman. And here's another reason to make anal your ally: A recent study by Herbenick found that 94 percent of women who'd had anal sex during their last encounter reached orgasm. What's more, that number was higher than orgasm rates reported by women who'd had vaginal or oral sex (but no backdoor blitz). If you're certain your partner is up for it, Berman says, just remember these two key pieces of advice: Take it very slow the first time, and use plenty of lube. Try K-Y Yours+Mine (k-y.com, \$20). "It's the number one doctor-recommended lube and a great product for people who want the best of both worlds-a tingling sensation for her and a warming sensation for him," says Berman.

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**Come Together** 

Simultaneous orgasms are about as rare as snow leopard sightings. But they're worth pursuing. "Experiencing that pleasure, where you both lose control at the same time, actually builds up bonding hormones such as oxytocin and prolactin," says women's health expert Christiane Northrup, M.D. To save your O until she's ready for it, use your breath wisely. Just when you're on the edge, slow down and take two or three deep breaths. As you exhale, squeeze your pubococcygeus muscle (the one you'd use to stop urine flow). This will bring you back from the precipice-otherwise, you may tense up and ejaculate, says Dr. Northrup. Practice when you masturbate-aim to bring your arousal from a 9.5 down to a 7 on a scale of 1 to 10, she suggests.

Bring the Gym to Your Bedroom

One thing worth trying: Pilates. Exercises that strengthen your lower abs translate to greater thrust. And if she joins you, even better-lower-ab strength helps her grip your penis harder and experience more-intense orgasms, says Pepper Schwartz, Ph.D., a professor of sociology at the University of Washington. Make it a daily session. New research from the University of Mississippi showed that for every 30-minute increase in moderate to vigorous physical activity per day, men were 43 percent less likely to have erectile dysfunction. If workouts shred your gut, even better! In one study in the Journal of Sexual Medicine, men who shed 2 inches from their waist raised testosterone levels by an average of 58 ng/ dl. (Normal T levels range from 300 to 1,000 ng/dl.)

It Worked for Me



HOW I ACTUALLY
CONNECTED WITH HER
GUYS CAN BE EMOTIONAL
NEANDERTHALS. HERE'S HOW
ONE DUDE EVOLVED.

by Jason Feifer

e would lie in

silence. She'd stare into my eyes, forehead crinkled, the way someone stares at a painting they're trying to understand. I'd brace myself for the question: "What are you thinking?" In the beginning, she asked it sweetly. Then pleadingly. Then with annoyance. And then not at all, because she'd dumped me—and I was devastated. I blew it and all I needed to do was answer one

simple, damn question.

I was a funny, social guy but also a private guy. In my twisted logic, I figured the more people knew about how I felt, the less I'd feel in control. But now I was hurting and had let nobody in. For the first time, I felt the need to open up.

I started safe. I sought out a friend who'd recently gone through a breakup, and after some chitchat, I blurted out, "I got dumped." He asked how I felt. I told him: sad, frustrated. Basic stuff, but back then it felt like handing a man a knife to slit my throat. Instead, he became a closer friend. Encouraged, I challenged myself to reveal even more. The trick, I realized, was to say the first thing that came to my mind before I could overthink it. Conversations became deeper. Women liked me more. I felt better. When I started dating Jen, the woman I'd eventually marry, she told me she loved how open I was-a contrast from the guys she'd dated before. And that's when I realized: I wasn't even trying anymore. I was just fearless.

# • HER TENDER TRAPS

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SHE SAYS "I need to know more about what you like and dislike."
DO THIS Share your
Netflix queues. Don't freak: This isn't the stuff Ed Snowden warned about. For couples, sharing is all upside. It's a subtle way of conveying commitment: It says "I trust you enough to reveal my daily life," says Timothy

Loving, Ph.D., a psychologist at the University of Texas at Austin.

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SHE SAYS "I'm not sure where this is going." DOTHIS Plan aheadway ahead. Preempt this conversation by filling your calendar with fun stuff you like to do together, says DeAnna Lorraine, an L.A.-based relationship coach. Enthusiasm is key. If you're just casual, keep the talk light: Make it a game ("If we were to pick up and go on vacation right now, where would we go?")



**SHE SAYS** "We used to have more fun."

DO THIS Inject the relationship with a shot of adrenaline. Plan sideby-side activities that let you two connect—say, a weekend whitewater rafting trip. Or keep it simple and play hooky from work to check out a rock climbing gym. "In that excitement, you excite each other," explains Stan Tatkin, Psy.D., author of Wired for Love.





#### **BEATEASE**

You love it when she makes a beeline for your package, right? Well, she doesn't want the same directness. So start by massaging her neck, shoulders, and back, suggests Dr. Northrup. Then kiss her neck and earlobes while stroking her chest, stomach, and inner thighs. Do this for 30 minutes—or until she's begging for sex. It pays off in the long term: One Canadian study linked caressing to better sexual satisfaction and a stronger relationship.

#### Make a Sex Date

Sure, spur-of-the-moment nookie is hot. However, it's a myth that sex should always be spontaneous, says Rachel Needle, Psy.D., of the Center for Marital and Sexual Health of South Florida. "Life is busy, and things can prevent you from being physically intimate with your partner," says Needle. "Planning ahead can build anticipation and excitement." Save your sex session on a shared calendar-bonus points if you label it with something that harkens back to one of your hottest previous romps. Then, as the time approaches, amp up the excitement with texts. "Start subtle with something like 'I can't wait to spend time with you later...' and build up," says Needle. Progress to something like "I'll be home at 7:30. Will you be naked?"

#### **Turn Fantasies into Nonfiction**

Time to tell her about your BJ fixation. "Assuming that your partner should just 'know' what you prefer sexually is a lovely romantic idea that just happens to be ridiculous," says Strassberg. In fact, simply asking her what she wants in bed could turn her on more than ever. Need some conversation starters? A study in the Journal of Sexual Medicine found that 82 percent of women fantasize about having sex in an unusual place; just over half have fantasized about being tied up during sex, while 42 percent have thought about tying up their partner. Thirty-two percent have fantasized about being photographed or filmed during sex. Invest in a smartphone tripod.

#### Praise Her Like a Man

One of Gunsaullus's clients recently described how a former flame would compliment her curves, strength, and sexual response—all that her body had to offer. "He loved her lower back and the 'decadent' way it curved into her ass. He loved touching, licking, and resting his head there, and he named it 'The Courtyard.'" Her confidence soared, and with it so did her libido. Get the message?

#### Share Your Toys

21 Play nice with her-very nice. New research from Canada shows that using the We-Vibe (\$149, we-vibe.com), a vibrator designed for use by both partners during sex, helps men feel more-intense penile sensations and a greater sense of intimacy. Here's how to use it: She inserts one side into her vagina. It has a vibrating motor inside that you'll feel with your penis, plus a motor outside that rests on her clitoris. Then have at it! Add lube if you need to, and try all your favorite positions—the toy is designed to stay put, says study author Erin Watson, Ph.D.(c). Its C shape enables other creative deployments-for instance, it could be handheld during massage or wrapped around your penis during oral or a hand job, says Watson. Toys make great gifts, right? ■





## THE LAND

Type in the latitude and longitude for longevity, and you'll arrive at Iceland. Iceland? Is it the hot springs? The Viking blood?

## THAT DEATH



## **FORGOT**

The tasty whale-blubber snacks? We went to the end of the earth to find the antiaging secrets a lot of men are dying to know.

# FOOD BY FISH MARKET/IISKMARKAGUIIIII.

# I'D NEVER MET A CENTENARIAN

# BEFORE,

and I suppose it's hackneyed to say so, but my first impression of Georg Breiðfjörð Ólafsson was that he didn't look a day over 90.

Georg is a retired shipbuilder living in Stykkishólmur, Iceland, a fishing village on a fjord buffeted by the North Atlantic and Arctic Oceans. With the help of his wrinkle-free son, Ágúst Ólafur Georgsson, 63, and boyishly charming grandson, Sigurdur "Siggi" Ágústsson, 29, I've just made the three-hour trek north from Reykjavík to meet the patriarch in person.

Upon our arrival, these three generations smile and hug, their bond palpable. "I'm sorry I didn't bring you a bottle of port wine," I say, "but Siggi only told me about your affection for it on the drive up." Siggi translates this into loud Icelandic beside his grandfather's ear. Despite declining hearing, Georg refuses to wear a hearing aid. I watch a smile slowly blossom on the old man's face, and he answers in Icelandic, his voice unwavering and forceful.

"He says to tell you that's okay," Siggi translates. "He says, 'I forgive you.'"

It's impossible to miss how infectiously likable Georg Ólafsson is. On the wall of his neatly kept bedroom hangs a key-to-the-city-style certificate signed by the mayor on Georg's birthday last March. Ágúst tells me his dad loves this honor—not as a symbol of celebrity, but because it absolves him from paying property taxes. And who could begrudge him that?

As of this raw October afternoon, with temperatures in the upper 30s and winds gusting to 40 miles an hour, Georg has walked the earth for 106 years and 192 days. In a country noted for its long-lived men, Georg is the oldest recorded Icelander ever in a history that dates back to 874 A.D., the year Viking chieftains settled this island at the top of the world.

Over the next hour, with Siggi translating, Georg graciously fields all my questions. I start with the obvious: Why does he think he's lived so long?

#### THE UNITED STATES MAY VERY WELL BE, IN THE MEMORABLE WORDS OF

the novelist Cormac McCarthy, no country for old men. But to the surprise of laymen and researchers alike, the tiny nation of Iceland has emerged as a haven for them. When in 2014 the World Health Organization released its most recent report on life expectancy across the globe, Iceland's 81.2 years topped the longevity rankings for men, beating out perennial contender Japan by more than 14 months. American men came in 37th: Their average expiration date is a dispiriting 76, a full half-decade less of life.

Iceland, despite a population roughly equaling that of St. Louis, boasts a remarkable 30 to 50 centenarians at any given time, according to Ármann Jakobsson, Ph.D., a professor of early Icelandic literature at the University of Iceland who maintains an inventory of the country's impressively old.

Comb through the research on life expectancy and you'll discover a bewildering mishmash of contributing factors. Some are controllable; others, not so much. None of us, for instance, can select our parents, nor do we have any say about where we're born. When it comes to longevity, national wealth matters a great deal—as Iceland itself has proved over the past 75 years.

"For most of its history, Iceland was a very hard country to live in," says Óttar Guðmundsson, M.D., a psychiatrist at the National University Hospital of Iceland (known as Landspitali) and the author of nine books on the country's history and culture. "In the glory days of the Viking settlers, people constantly fought and killed each other. In the 13th century, we had a terrible civil war. We've suffered plagues, famine, and volcanic eruptions, including one in 1783 that killed off 25 percent of the population.

"Even by the 19th century, our people were desperately poor and uneducated. We had one of the highest infant mortality rates in Europe. But then

Iceland began to prosper during World War II, and everything started changing very rapidly."

Today Iceland is among the richest nations per capita on the globe. Well-funded public health programs and state-of-the-art medical care have clearly contributed massively to the country's longevity gains. But that hardscrabble past may have helped too. Some researchers suspect that modern Icelanders may carry unusually robust

REASON TO SMILE Georg Ólafsson, 106, Iceland's oldest man; his countrymen thrive on exercise, fish, and hot soaks.



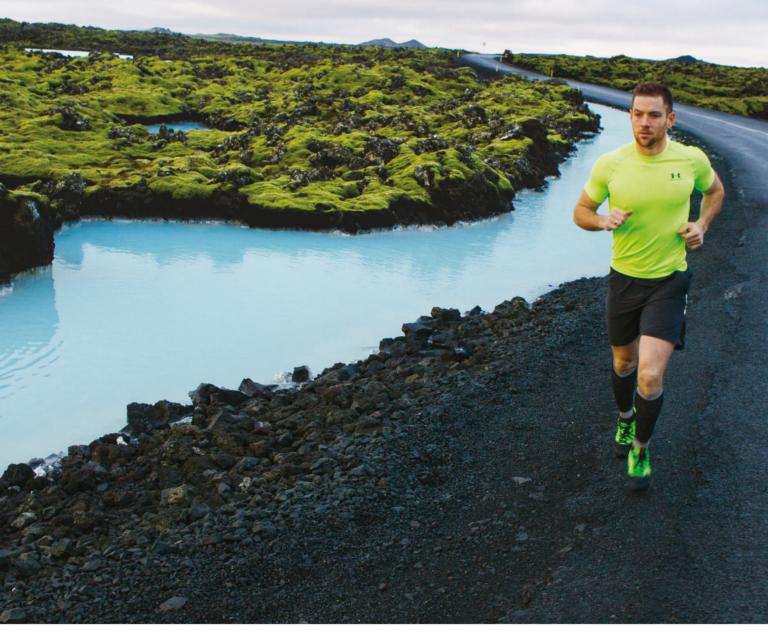












"survivor genes" bequeathed to them by ancestors who were equipped to survive the country's evolutionary crucible. "Those who were left over," says Dr. Guðmundsson, "were a strange brew—maybe the healthiest or the fittest of them all. Or perhaps just the most stubborn."

Neurologist Kári Stefánsson, M.D., has found intriguing support for this survival-of-the-die-hardest theory. A self-described "100 percent pure Icelander," Dr. Stefánsson left a full professorship at Harvard Medical School to return to his homeland and cofound the biotech company deCODE Genetics. In one of their earliest studies, Dr. Stefánsson and his colleagues extracted DNA from the long-buried skulls of Iceland's pioneering settlers. To their surprise, gene analysis revealed that these forebears were more similar to modern Norwegian men and Irish women than to current-day Icelanders.

"What this means," Dr. Stefánsson says, "is that living on this desolate island for 1,100 years, suffering all sorts of hardships, has changed our people's genomes so they're unlike those of people whose ancestors just stayed home."

Scrutiny of Icelandic genes could eventually lead to next-generation medicines. For example, one recently discovered gene variant, found in about 1

percent of living Icelanders, offers nearly total protection from Alzheimer's disease. Perhaps most fascinating of all is proof that an almost mystical "genetic asset" exists within certain Icelandic family lines—an asset that's not yet identified but is almost certainly a single gene—that confers upon its fortunate owners a dramatically extended life span after age 67.

But genes, like wealth, are only part of the story.

## "HONESTLY, I DON'T KNOW WHY I'VE LIVED SO LONG," GEORG ÓLAFSSON tells me over coffee and chocolate-coconut cookies. His life, he maintains, has been an ordinary one, typical of men of his generation.

Born in 1909, he grew up on an island in the frigid waters off Stykkishólmur. During the Great Winter of 1918, Georg remembers that the seawater froze—all the way to the mainland. His happiest childhood memories were times spent with his brothers, picking seabird eggs and gathering down from eider ducks' nests. When Georg turned 17, his father bought a farm near Stykkishólmur and moved the family off the island. Georg dreamed of becoming a sea captain, an ambition his younger brother, Eyjolfur, achieved.



Using your phone while driving Keep a photo of a loved one on your dash. It will remind you why that text, search, or email isn't worth the risk Not washing after peeing University of Colorado scientists found skin bacteria like staph (think pneumonia) on most restroom door handles Reaching for a drink after work Bask in Bach: Lower stress by listening to classical music while reimagining a happy ending to a work hassle. Mindless munching at night Create a "not-shopping list" of snacks you shouldn't buy. The on-paper commitment will help you resist in the store. Popping ibuprofen for every ache It may raise your risk of heart attack and stroke. Rub eucalyptus oil on the sore spot; it's anti-inflammatory. –J.T.





But Georg soon discovered that he had a very un-Viking-like propensity for seasickness. He decided to build ships, not sail them.

When Lack how he's managed to keep his mind sharp for so long. Google

When I ask how he's managed to keep his mind sharp for so long, Georg again is hard put to offer explanations. He enjoys playing chess and cards and practicing his harmonica. Building boats had been intellectually challenging too, but he says he never went out of his way to exercise his brain.

Perhaps, I suggest, he's a beneficiary of the recently discovered Alzheimer's protection gene. Son Ágúst shakes his head. "Actually, they tested my father for this gene," he says. "They found he doesn't have it."

Not that Georg has enjoyed immunity from other serious medical problems: He's suffered a heart arrhythmia since childhood and lost an eye when a shard of wood pierced it during a shipbuilding accident. And then, cancer.

"My brother noticed he was getting very pale," says Ágúst. "So he told the doctor, and the doctor found advanced colon cancer."

"How old was Georg when he was diagnosed?" I ask.

"Still pretty young," Ágúst says, smiling. "I think he was 98. But he recovered from it completely!"

#### BEING A MAN HAS ITS ADVANTAGES,

but outliving women has never been one of them. This is true in Iceland too, but maybe not for much longer.

Among developed nations, says Jakobsson, the life-expectancy gender gap in high-income countries is about six years. But in Iceland, men have managed to narrow it to three, and they continue to close in. "Over the past 30 years, women's life expectancy here has climbed four years while men's has increased six," he says. "Both are gaining, but men are gaining faster." Even among centenarians, where women typically hold an overwhelming advantage, Iceland is nearing parity.

One explanation for this is smoking.

"Among developed countries, probably the most important factor causing life expectancy to vary is smoking prevalence," explains Samuel Preston, Ph.D., of the University of Pennsylvania's Population Studies Center.

The Institute for Health Metrics and Evaluation cites Iceland as one of the four countries in the world with the largest declines in smoking since 1980. Quitting tobacco boosts life expectancy for both sexes, of course. But only in Iceland have men managed to add more years than women have by doing so.

Drinking rates have also been traditionally low in Iceland. Prohibition in the United States is ancient history, but Iceland's ban on booze lasted longer than those of other countries that adopted temporary prohibitions. Beer was illegal until 1989. (Russia, by contrast, uses vodka as anesthesia—for life.)

"There are still a lot of abolitionists around," says Dr. Guðmundsson, who adds that drinking's relatively late arrival to Icelandic culture may be a factor in its citizens' longevity. It certainly seems a likely one in yet another chart-topping Icelandic stat: the lowest rate of liver cirrhosis in the world.

Though cirrhosis accounts for 2 percent of deaths worldwide, it isn't a disease that most of us worry about. A newly published study in *Proceedings of the National Academy of Sciences*, however, has elevated its mankiller status. Alone among the world's wealthy countries, the study found, the United States has suffered a huge—and hugely unexpected—die-off among one surprising demographic: middle-aged white men. The exact explanation for this is still under investigation, but the primary causes include drug and alcohol overdoses, suicides—and alcoholic cirrhosis.

Substance abuse isn't the only reaper with a preference for male targets. Icelandic men benefit, too, from a dramatic reduction in violent mayhem, which globally continues to cull far more men than women. "Given how

It Worked for Me



I BECAME A
MASKED MAN IN BED
LOUSY SLEEP SHORTENS
LIVES. IT'S TIME
FOR A WAKE-UP CALL.

by Bryan Smith

ow'd you sleep?"

I hated this question
from my wife, because
my response rarely
changed: "Lousy."

For years I'd been losing sleep over losing sleep. My struggle to conk out and wake up refreshed had led me to try the usual: Exercise after work. Cooling pillows. A memory foam mattress. Sleeping pills. Sleeping pills washed down with warm milk, Nada.

I chugged coffee in the mornings, but by 2 p.m. I felt like someone had slipped me a Sominex. I nodded off at work, in front of the TV, at the movies. I didn't take naps—they took me.

Desperate, I finally got tested at a sleep lab. The diagnosis: sleep apnea. Turns out tissue in my airway was sagging while I slept, causing me to wake up gasping for air hundreds of times a night. The combo of disrupted shuteye and oxygen deprivation explained my crappy sleep and low energy. The doctor sent me home with a continuous positive airway pressure (CPAP) machine, a bedside mask contraption that blows a stream of pressurized air to stop the sagging.

After the first night, I was hooked. I stopped tossing and turning. I felt sharp at work, no caffeine needed. My blood pressure fell—it had been so elevated before that I was taking beta-blockers. Within a few months I was able to ditch the drugs altogether.

As for my wife, she no longer asks how I slept. The answer is as plain as the mask on my face.

THE LONG RUN
A runner near
the Blue Lagoon;
Icelandic men's
life expectancy
exceeds that of U.S.
men by five years.

peaceful Iceland has become," Jakobsson says, "it's hardly a surprise that men are catching up."

National serenity on this island is more than just a qualitative notion. Iceland placed first out of 162 nations in the 2015 Global Peace Index—the same spot it's held six out of the eight years since the Institute for Economics and Peace introduced the ranking in 2008. Despite the rape-and-pillage notoriety of its Viking ancestors, the country has

ENDURANCE RACE Three out of four Icelandic guys work out regularly. These men rode the Ring Road, an 828-mile circle of the island.

managed to solidify its reputation as the least violent place on earth.

Iceland is currently the only NATO country with no standing army, though

Iceland is currently the only NATO country with no standing army, though it maintains an expeditionary peacekeeping force. Automatic and semiautomatic weapons and most handguns are illegal for citizens to own. Even the police don't carry guns; if they need to use one, they must seek prior approval from the National Police Commissioner. Gun licenses are allowed but require a safety course and test at a local police station. Possibly because of this, violent crime rates are low, and homicides extraordinarily so.

Iceland averages about a murder a year—not per 100,000 citizens, as homicide rates are typically measured, but for the entire country of 332,000 people. As one man told me, Iceland's crime-thriller writers have been forced to invent more murders than have actually occurred.

For obvious reasons, men live a lot longer when they stop killing one another. But Iceland's peace brings with it another key benefit to men: The harder it is to makes enemies, the easier it becomes to make friends. As I make my way around the island—from city to village, from restaurants to hot springs—I experience this firsthand. This is a decidedly friendly place.



#### ONE POPULAR SAYING IS THAT MOST

decisions in Iceland are made not in Parliament but in the hot tub. Public pools, and hot tubs in particular, are a central feature of the country's culture. Anyone who has spent time soaking knows the relief that warm, swirling waters provide to knotted muscles, strained brains, and chilled bodies. Investigators at Stanford University's Human Performance Lab and the U.S. Army Research Institute of Environmental Medicine have found evidence that the benefits include more than just feel-good vibes. Repeated heat exposure appears to reduce cardiovascular strain and increase red blood counts and plasma volume, and it may even improve performance in endurance athletes.

But when we look at what gives Icelandic men a greater boost in longevity, it's probably not just the heat; it's the community.

Decades of research documents how strong social ties—or lack thereof—profoundly affect our physical and mental health. In a review in the *Journal of Health and Social Behavior*, pioneering sociologist Debra Umberson, Ph.D., director of the Population Research Center at the University of Texas at Austin, explains that closeness to others stimulates the release of human growth hormone, inhibits secretion of stress hormones, reduces systemic inflammation, and slows the cumulative wear and tear of bodily systems. There's strong evidence the flip side is also true, she says: Lack of social ties can cut life short.

Dr. Guðmundsson sees in this another key to the Icelandic male advantage. "I've lived and worked in Sweden and Germany and seen how old people there can isolate themselves and, in a way, just disappear," he says. "Nobody comes to help, and all of a sudden you find a man dead in his apartment. That would be impossible here because of the closeness of our society."

Few nations, alas, have Iceland's knack for fostering such lifesaving bonds. In America, says Umberson, the average woman "can list numerous friends



### <u>OUTLIVE YOUR</u> FELLOW MAN

Follow the Icelandic example and you just might add 5 years—or perhaps 20—to your life.





#### Take In Some Air

Icelanders don't have to go far to find nature, a powerful healer. How powerful? Living near green space lowers cortisol levels in lowincome people, a U.K. study found. Or get out of town: Search for a hike at alltrails.com.



#### Study Up, Stay Alive

Education level and life expectancy are correlated. In Iceland, school is free through college. Already have a degree? No excuse: Take online courses like those at lynda.com. MH can teach you too; search RodaleU.com.



#### **Look Around**

With its low pollution, healthy food, and chill lifestyle, Iceland is conducive to long life. If your hood has quality-of-life issues, consider a geographic cure. See "The Best and Worst Cities for Men" on page 74 to find your own Reykjavík.



#### **Get Together**

Icelanders are joiners.
So find a sport, poker
game, book group—
anything, says University of Texas sociologist
Debra Umberson, Ph.D.
"American men would
benefit greatly from
hanging out more and
supporting each other."



#### Don't Be a Martyr

Stay the hell home if you're sick. Icelanders are encouraged to take sick days, sparing healthy folks the bug. By law, citizens are guaranteed full wages during an illness—a policy that might just sway longevity stats.



#### **Have Faith in Cod**

Nearly every Icelandic restaurant offers fresh fish, rich in omega-3s. Here in the USA, Whole Foods sells certified wild-caught Icelandic cod, plus salmon and char farmed in Iceland under stringently monitored conditions. —J.T.

she can turn to for support. The average man, by contrast, is much more likely to list a single confidante—his girlfriend or his spouse." Social isolation, she says, can take a health toll as onerous as smoking or high blood pressure.

Both negative and positive health behaviors spread rapidly through social networks. Among spouses and friends, if one is obese, the others are at an increased risk of becoming obese themselves. But it also works the other way—happy, optimistic friends can nudge sad sacks in a positive direction.

#### THOUGH THE ICELANDIC DIET HAS CHANGED A

lot in the past half century, some of the healthiest traditional fare remains. Freshly caught coldwater fish, for example, is both wildly popular and widely recognized as a dietary superstar. Its bounty of omega-3s and other nutrients may boost cardiovascular health, defend against Alzheimer's, and provide many other benefits.

Additional protein staples in Iceland are lamb and beef, which derive from direct descendants of the Vikings' livestock. Iceland's people and Parliament have resisted attempts to bring in higher-yielding modern breeds. In contrast to the corn-fed, antibiotic-laced, factory-farmed pig and cow cousins in most of the world, Iceland's semiwild, free-ranging beasts meander at will into the mountains each summer, grazing on natural grasses, sedges, and whatever other odd victuals they're meant to consume. The resulting meat is leaner and arguably more nutritionally complex than the kind most Americans have grown used to.

Whatever the meat, the bread that sandwiches it is almost always whole grain rye, which is linked to lower risk of prostate cancer in men and improved lipid profiles of people with metabolic syndrome. Iceland's paucity of local produce is offset by imports, so fruit and vegetable intake has been increasing in the past few decades.

Another import, fast-food joints, Iceland could do without. The advent of cheap, convenient calories stands in contrast to a time when Icelanders lived entirely on what they caught, foraged, or raised. "We were sufficiently poor not to be able to overindulge in food," says deCODE's Dr. Stefánsson. And caloric restriction, he notes, has been linked to longevity.

Although fishing and farming are giving way to the sedentary toil of desk jockeys, about 75 percent of men report working out regularly. That's a likely longevity booster in those who make it a lifelong habit. The Icelandic Heart Association's Reykjavík Study found that older men who stayed active since their 20s had a 25 percent lower risk of advanced prostate cancer than the least active men.

Eight times an Icelander has won the World's Strongest Man title. Throughout the country you will find men all across the age spectrum who make time in their daily schedules to lift weights.

Case in point: Dr. Stefansson. At 6'6" and a muscular 217 pounds, he resembles a real-life Thor. I'd heard he's more than just a scientific celebrity in Iceland; he's also something of a celebrated weightlifter. "I'm no great weightlifter," he says dismissively. "I'm 66 years of age and I have a terrible family history, so when I'm in town I go to the gym once a day to maintain my health."

At this, he looks me over. "Okay, I can lift a little bit. I can lift more than you."

Muscular power, from grip strength to the brute force of biceps and quads, has fast emerged as potent protection from early death. In Sweden, scientists assessed the strength of more than a million young men and then tracked their health for 24 years. The strongest were about 20 percent less likely to die of any cause by middle age than the weakest. U.K. researchers have found that after age 53, weak men are 3½ times more likely to die within a 13-year period than their stronger peers.

#### **OUTSIDE THE NURSING HOME WINDOWS, THE LATE-**

autumn light is fading fast. Georg, for his part, shows no signs of tiring; the same, unfortunately, cannot be said of his jet-lagged interviewer. I wrap up our chat by asking whether he thinks the combination of diet, exercise, and stress management could have influenced his longevity.

When Siggi has explained what I'm after, Georg looks bemused. "My favorite food was leg of lamb, which we hung in the smokehouse and then boiled for Christmas dinner," he says. But most of his diet wasn't fancy. The vast majority of his calories came from animal fats and protein: fish, lamb, beef, and dairy. He also ate wild waterfowl, mostly puffins, which used to be common here but have migrated north with climate change.

Until middle age, the only plants he consumed regularly were potatoes and other root vegetables and, of course, rye bread. His family supplemented this with such delicacies as the blubber of minke whales, ram's testicles "soured" to preserve them,

and dried cod so heavily salted that it had to be soaked for days to render it edible. "My parents told me they often went hungry when they were young," Georg says. "My brothers and I never did." Yet food in those days had to be caught, foraged, or grown. You had to spend calories to eat calories.

Georg the shipbuilder never learned to swim, nor did he play sports or engage in formal exercise. His life on the island, then on the farm, and finally in a shipyard was exercise enough. Who needs to pump iron when your job demands nonstop hours on your feet steaming huge wooden planks to make them pliable, hauling them on your back, and then sledgehammering them into place?

Strength, to be sure, is a matter of mind as well as muscle. Perhaps the toughest thing about growing old is the accrual of losses. Georg's wife died in 1984, and he's outlived all his friends from youth. "It's not fun that people are dying all around me," he says. "But that's life. I try to just accept it. My motto is to take life as it comes."

Did such a resilient outlook stand out among his peers? "I don't think so," Georg says. "All the people around me were generally happy too, and they had this optimistic mentality." If anything, he says, he was hardly the sunniest of his peers. "Everybody around me was optimistic, so I learned to become this way myself," he says.

When it's time to leave, I gingerly offer a handshake. Georg's grip crushes my fingers like twigs. Siggi laughs. "Look at those hands!" the proud grandson boasts. "Georg's fingers are twice as thick as ours! He doesn't know his own strength. That's what a life of hammering will do for you."

#### ON MY FINAL NIGHT IN ICELAND, IN A VILLAGE

on the rugged southwest coast, a fisherman recommends a place for supper. In the dining room, a stereo plays country music, sung in Icelandic. I order a pint of Gull Lager, lobster soup, and halibut steak, which the waitress says was caught today. This meal, like all the others I've had here, is thoroughly enjoyable. The portion size may not be what I've grown accustomed to back home. Then again, neither is the feeling of contentment, not painful engorgement, that sets in when I'm done.

It's not just my stomach that's feeling good right now. It dawns on me how uncharacteristically de-stressed and joyful I am. Just then a chorus of male voices arises from another room. When I ask the waitress about it, she smiles and pulls back a curtain. In an adjoining banquet hall, a club of local men, from early middle age to retirement years, stand at two long tables, singing a hymn before enjoying a communal dinner.

They seem, to a man, glad to be alive. That's a sentiment, I confess, that sometimes proves elusive to me back home. Between stress, worry, and boredom with the grind, I wonder if the typical U.S. life span is already overly generous. I have come to Iceland to discover how men here live longer. Perhaps I know now why they want to.

# "Everybody around me was optimistic, so I learned to become this way myself."

#### JOHN KRASINSKI, CONT. FROM P. 98

He met several special operators, including the one he portrays in 13 Hours. "They're the most unassuming guys," he says. "If they walked in here, you'd never guess you were sitting with Navy SEALs."

Krasinski says he'd used firearms a few times at a range (including on his first date with his wife) but had to be taught how to handle one like an elite soldier. Shawn Vance, a former Green Beret who works as a trainer at Rise Nation, another one of Walsh's gyms, bought a dummy M4 carbine and created obstacle courses in the weight room for Krasinski to run through between sets.

It's fun to visualize the story: A 6'3" actor puts down a set of dumbbells, grabs a replica assault rifle, and runs around the gym pretending to clear a room of bad guys. All while others are trying to do their own workouts. Now imagine a paparazzo taking photos through a window while he does this. That also happened. "It looks like I'm the most unsafe person to be handling a gun," says Krasinski. "So that's documented perfectly."

But he did learn. Shortly before the shoot, a group of SEALs took Krasinski and five cast members out for four days of weapons training. He notes with pride that he won the shooting contest at the end. "There's a bit of an existential crack when you fire guns that much," he says. "Your brain adjusts. It allows you to understand how to stay calm in those situations, how to understand the idea of it."

He gained some insight into that processpart of the pivot from comedy and drama to running and shooting-from a surprisingly intimate and close source.

#### **KRASINSKI HAD BEEN DATING EMILY BLUNT**

for just three weeks when she invited him to a screening of her new movie. It was The Young Victoria, in which she gave a radiant performance. "I remember watching that movie, and the entire time being like, 'I wonder who she's going to date after this?""

Seven years later, he remains in awe of his wife. At one point I apologize for mentioning her so many times when we're there to talk about him, but he doesn't mind at all. "It's my favorite thing to talk about," he says.

I bring Blunt into the conversation for a reason: She made the transition to action roles when she played a soldier battling alien invaders in *Edge of Tomorrow*, and then as an FBI agent fighting the war on drugs in Sicario. Now they're a two-badass household.

Their family life offscreen requires military precision. When they're both out on location, either he flies to join her or she flies to join him. Their almost-2-year-old daughter, Hazel, is always with one or the other. In 13 Hours, for example, most of the action

takes place at night. So he'd shoot in Malta until 6 a.m. Saturday, then board a plane at 7 a.m. for a three-hour flight to London, where Blunt was shooting The Huntsman. He'd get 24 hours with his wife and daughter, then catch a flight back to Malta. "It was tough," he admits, but it allowed him to be with Hazel when she took her first steps.

As we speak in October, he admits they have no idea what happens next. "There's an attempt at a calculation," he says, but both careers are at a point where the opportunities are simply too amazing to pass up. "I just want to do everything I can. It feels like someone passed me the ball, and I want to do everything I can with it."

One ball he doesn't plan to drop is the newly muscled physique. "I think there's a part of you where you become addicted to it," he says. "I love feeling strong. You pick up your daughter with ease while everyone else makes a little grunt when they pick up their kids. I walk with better posture and a little more presence. I was more of a sit-inthe-corner guy. Now I'm a lot less of that."

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MEN'S HEALTH Vol. 31, No. 1 (ISSN 1054-4836), is published 10 times per year (monthly except for January and July) by Rodale Inc., 400 South 10th St., Emmaus, PA 18098-0099; (800) 666-2303. Copyright 2015 by Rodale Inc. All rights reserved. In U.S.: Periodicals postage paid at Emmaus, PA, and at additional mailing offices. Postmaster (U.S.): Send address changes to Men's Health magazine, Customer Service, PO. Box 26299, Lehigh Valley, PA 18002-6299, IN CANADA: Postage paid at Gateway, Mississauga, Ontario; Canada Post International Publication Mail (Canadian Distribution) Sales Agreement No. 40063752. Postmaster (Canada): Send returns and address changes to Men's Health magazine, 2930 14th Avenue, Markham, Ontario, L34 528, (GST# R12988611). Subscribers: It he postal authorities alert us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within 18 months. For licensing and reprints, contact Nick ladermarco at Wright's Media, (877) 652-5295 ext. 102, or niadermarco@wrightsmedia.com.

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#### GUY LIST

# Rules to Climb By

These 25 strategies will elevate your game this year—and beyond.

BY HUGH O'NEILL



- If you expect people to be rational, you'll spend your life annoyed. Enjoy the oddness.
- Never gesture with silverware in your hand.
- She doesn't want you to fix it, just to hear it.
- Celebrate your success. Wildly.

- When naked, she wants you to mix fierce with tender.
- The opposable thumbs of Homo sapiens are designed for grabbing things. Go ahead get your money's worth.
- Never tell a story of travel woes—unless you were on foot and crossing a ridgeline.
- She's as beautiful as you think she is. Now convince her.
- Often the right thing to say is a pat on the back.
- Discouraged? Paint something. Still blue? Eat chili. Make a bed. Hit the car wash!
- > Silence speaks.

- Don't struggle alone, brother. Real men know when to call for help. And who to recruit.
- There's a reason why "scared" and "sacred" are just a typo apart. Facing fears makes you holy.
- The shrewd man knows what doesn't matter.
- Make sure she knows that frequent sex helps ward off prostate cancer.
- ... and that orgasm boosts immune function for all.
- ... and that more sex = better guy listening. It's science! (Or it should be.)
- If you stop judging everything, you'll enjoy life a lot more. So will your wife, your brother, your kids, et al.
- Be a fountain, not a drain. Create more, consume less.
- The last play is history. The next play is everything.
- Be sure your compliment isn't about how perceptive or thoughtful you are.
- All muscles have merit, but biceps are crucial. A flash of guns inspires you and her.
- Your brain thinks it's way more clever than it is. Be suspicious of it.
- Sing! Even (especially!) if you're tone deaf. Confidence is always pitch perfect. Hell, you might as well dance too.
- Entertain the possibility that you're wrong. It happens more than you think.

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